MEDITERRANEAN DIET WEIGHT LOSS MEAL PLAN

Health Beet

DAY 1 1265 CAL

- **Breakfast**: 1 Light n' Fit Greek yogurt, ¼ c. Granola, 1 piece of fruit, 1 c. 1% Milk
- **Snack**: ¼ c. Almonds
- **Lunch**: Tuna on a piece of whole grain bread topped with 2 oz. of pepper jack cheese
- **Dinner**: 3 oz Baked Salmon with a side of rice pilaf
- **Snack**: ½ C. Pomegranates

DAY 2 1255 CAL

- **Breakfast**: Whole grain toast, 1 egg and ½ Roma tomato 1 T Olive Oil butter
- **Snack**: Oven Roasted Chickpeas: ½ C. chickpeas, drained and topped with 2 tsp. Olive oil, salt, pepper and garlic. Roasted at 450 for10- 15 minutes
- **Lunch**: 3 Bean Salad,
- **Dinner**: 6 oz of Halibut, 1/8 c. panko crumbs, 1/8 c. coconut flakes, seasoned with a dash of salt, pepper, paprika and parsley. Served with 2 cups of spinach, ¼ c. of quinoa and 2 T. Vinaigrette
- **Snack**: 1 Pear

DAY 3 1249 CAL

- **Breakfast**: 1 C. Oatmeal and ¼ c. Walnuts
- **Snack**: ½ Avocado on 1 slice whole grain toast
- **Lunch**: Chickpea Salad, ½ C. Chickpeas, 2 tsp. olive oil, ¼ c. yellow onion, ½ c. Bell Pepper, 1 T. sliced black olives, a dash of pepper and ½ T white vinegar over lettuce mixture. 1 Whole wheat toast
- **Dinner**: Grilled chicken Kabobs: 6 oz chicken cubed, ½ bell pepper, ½ onion, 8 cherry tomatoes. Serve on a whole grain pita pocket, with 2 T. Hummus
- **Snack**: 1 Frozen Fruit Popsicle

DAY 4 1277 CAL

- **Breakfast**: ½ Avocado with 1 slice whole grain toast and 2 egg whites, 1 c. 1% milk.
- **Snack**: 1 Serving Light n fit Yogurt with ½ c granola
- **Lunch**: 3 T. Hummus and Veggies with 1 c. Roasted Sweet Potato 1 Slice of cheese
- **Dinner**: 1 Serving Protein Bowl
- **Snack**: ½ C. Raspberries ½ c. Vanilla Ice Cream

DAY 5 1300 CAL

- **Breakfast**: 1 Light n' Fit Greek yogurt, ¼ c. Granola, 1 piece of fruit, 1 c. 1% Milk
- **Snack**: 1 C. Raspberries
- **Lunch**: Strawberry Poppy Seed Salad with Chicken
- **Dinner**: Stuffed Sweet Potato
- **Snack**: 1 Medium Apple

DAY 6 1300 CAL

- **Breakfast:** 55g Maple Almond Granola with 2 T. Coconut Flakes and 8 oz of 1% milk
- **Snack**: Pita and Hummus
- **Lunch**: 1 piece of whole grain toast, topped with 2 oz of pickles, 1 oz lettuce and 1 T. Olive Oil Mayo, 1 pouch lemon pepper tuna, 1 Apple
- **Dinner**: 8 Pieces large shrimp tossed with 1 T pesto sauce on 2 oz. whole grain noodles, 5 spears roasted asparagus.
- **Snack**: ½ c. Pomegranate

DAY 7 1277 CAL

- **Breakfast**: Green smoothie with ½ c. Cream of Wheat and 2 tsp of honey
- **Snack**: ¼ c. Cashews
- **Lunch**: 3 Oz. Salmon with roasted 4 oz. zucchini and 1 C. eggplant, 2/3 C. Cooked Brown Rice
- **Dinner**: Lentil Soup
- **Snack**: 3 ounces of olives and fresh veggies, 2 T. Hummus

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1200-1300 calories per day

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