

Mediterranean Glow Week

2000 kcal / day | 93g protein | 28g fibre | portions are for ONE person

	BREAKFAST	LUNCH	SNACK	DINNER	DAY TOTAL
Day 1	Scrambled eggs with spinach and feta Scrambled eggs (5 eggs) with 1 cup spinach and 1/500 kcal P37 C9 F36	Grilled fish with couscous salad 170g grilled fish fillet with 1.5 cups couscous salad (607 kcal P41 C55 F23	Olives and a small piece of feta 1/2 cup Kalamata olives and 70g feta cheese214 kcal P8 C5 F19	Baked salmon with roasted asparagus 200g baked salmon fillet with 1.5 cups roasted aspa679 kcal P50 C10 F48	2000 kcal P 136g fibre 18g
Day 2	Whole-wheat toast with avocado + 100g grilled chicken 2 slices whole-wheat toast with 1/2 medium avocad614 kcal P41 C45 F30	Grilled fish with couscous salad 170g grilled fish fillet with 1.5 cups couscous salad (561 kcal P38 C51 F21	Apple slices with almond butter 1 large apple sliced with 2.5 tablespoons almond bu198 kcal P6 C20 F13	Vegetarian moussaka (quick version) 1.5 cups vegetarian moussaka (lentil & eggplant bas627 kcal P20 C60 F32	2000 kcal P 105g fibre 38g
Day 3	Scrambled eggs with spinach and feta Scrambled eggs (5 eggs) with 1 cup spinach and 1/500 kcal P37 C9 F36	Large Greek salad with chicken 2 cups Greek salad (cucumber, tomato, onion, olive607 kcal P51 C15 F38	Apple slices with almond butter 1 large apple sliced with 2.5 tablespoons almond bu214 kcal P6 C21 F14	Baked salmon with roasted asparagus 200g baked salmon fillet with 1.5 cups roasted aspa679 kcal P50 C10 F48	2000 kcal P 144g fibre 19g
Day 4	Whole-wheat toast with avocado 2 slices whole-wheat toast with 1/2 medium avocad500 kcal P11 C50 F30	Large Greek salad with chicken 2 cups Greek salad (cucumber, tomato, onion, olive607 kcal P51 C15 F38	Apple slices with almond butter 1 large apple sliced with 2.5 tablespoons almond bu214 kcal P6 C21 F14	Lamb kofta with tabbouleh 200g lamb kofta (4 koftas) with 2 cups tabbouleh sal679 kcal P50 C35 F42	2000 kcal P 118g fibre 32g
Day 5	Whole-wheat toast with avocado 2 slices whole-wheat toast with 1/2 medium avocad500 kcal P11 C50 F30	Grilled fish with couscous salad 170g grilled fish fillet with 1.5 cups couscous salad (607 kcal P41 C55 F23	Apple slices with almond butter 1 large apple sliced with 2.5 tablespoons almond bu214 kcal P6 C21 F14	Baked salmon with roasted asparagus 200g baked salmon fillet with 1.5 cups roasted aspa679 kcal P50 C10 F48	2000 kcal P 108g fibre 29g
Day 6	Greek yogurt with honey and nuts 1.5 cups Greek yogurt (full-fat) with 2 tablespoons h500 kcal P35 C35 F25	Large Greek salad with chicken 2 cups Greek salad (cucumber, tomato, onion, olive607 kcal P51 C15 F38	Hummus with whole-wheat pita 3/4 cup hummus with 2 whole-wheat pita breads214 kcal P9 C29 F8	Vegetarian moussaka (quick version) 1.5 cups vegetarian moussaka (lentil & eggplant bas679 kcal P22 C65 F34	2000 kcal P 117g fibre 31g
Day 7	Scrambled eggs with spinach and feta Scrambled eggs (5 eggs) with 1 cup spinach and 1/500 kcal P37 C9 F36	Large Greek salad with chicken 2 cups Greek salad (cucumber, tomato, onion, olive607 kcal P51 C15 F38	Apple slices with almond butter 1 large apple sliced with 2.5 tablespoons almond bu214 kcal P6 C21 F14	Baked salmon with roasted asparagus 200g baked salmon fillet with 1.5 cups roasted aspa679 kcal P50 C10 F48	2000 kcal P 144g fibre 19g

Shopping list for the week

Everything below covers all 7 days - aisle by aisle.

Produce

- ☐ Spinach - 200 g
- ☐ Lemons - 2
- ☐ Garlic - 1 head
- ☐ Avocado - 2
- ☐ Apples - 2
- ☐ Eggplant - 2 medium
- ☐ Tomatoes - 500 g
- ☐ Onions - 2 medium
- ☐ Potatoes - 2 medium
- ☐ Cucumber - 1
- ☐ Bell Pepper - 1
- ☐ Red Onion - 1 small
- ☐ Fresh Parsley - 1 bunch
- ☐ Fresh Mint - 1 bunch

Protein

- ☐ Eggs - 6
- ☐ Fish Fillets - 200 g
- ☐ Salmon Fillet - 150 g
- ☐ Chicken Breast - 250 g
- ☐ Ground Lamb - 200 g

Dairy

- ☐ Feta Cheese - 200 g
- ☐ Curd / Yogurt - 1 kg

Grains & Flours

- ☐ Couscous - 150 g
- ☐ Whole-Wheat Toast - 1 packet
- ☐ Whole-Wheat Pita Bread - 1 packet

Spices & Masalas

- ☐ Dried Oregano - 1 bottle

Pantry

- ☐ Olives - 1 small jar
- ☐ Almond Butter - 1 jar
- ☐ Olive Oil - 1 bottle
- ☐ Salt - 1 packet
- ☐ Black Pepper - 1 packet
- ☐ Honey - 1 small bottle
- ☐ Nuts - 100 g
- ☐ Hummus - 1 tub
- ☐ Red Wine Vinegar - 1 bottle

Every recipe, one tap away

Tap any dish for the full step-by-step recipe - free, no login needed.

- > [Scrambled eggs with spinach and feta](#)
- > [Grilled fish with couscous salad](#)
- > [Olives and a small piece of feta](#)
- > [Baked salmon with roasted asparagus](#)
- > [Whole-wheat toast with avocado](#)
- > [Apple slices with almond butter](#)
- > [Vegetarian moussaka \(quick version\)](#)
- > [Large Greek salad with chicken](#)
- > [Lamb kofta with tabbouleh](#)
- > [Greek yogurt with honey and nuts](#)
- > [Hummus with whole-wheat pita](#)