



**HONEST HEALTH
NUTRITION**

1 Week Mediterranean Diet Meal Plan

Ran (Josephine) Abe

<http://www.honesthealthnutrition.com>

Congratulations on taking the first step to eating healthier!

Please use this guide as an example of what a week of balanced eating looks like, or as a recipe book, and as an experiment to try meal planning to make healthy eating easier!


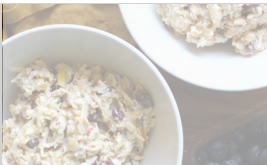
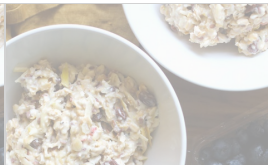


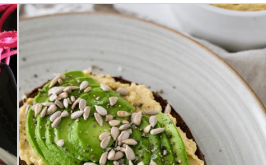
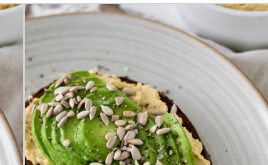
















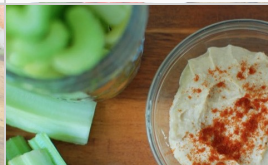










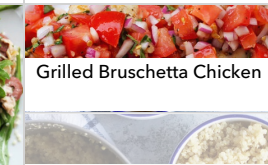
This meal plan will provide about 1600-1900 calories per day, more than 35 grams of fiber and 70-95 grams of protein to keep you satisfied. For more specific nutrition recommendations/instructions, please reach out to Josephine for a personalized plan to help meet your specific needs :-)

To health,

Josephine

Ran Josephine Abe, MS, RDN
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Overnight Bircher Muesli	 Overnight Bircher Muesli	 Overnight Bircher Muesli	 Post Workout Green Smoothie	 Post Workout Green Smoothie	 Hummus Toast with Avocado	 Hummus Toast with Avocado
Snack 1	 Crackers & Hummus	 Crackers & Hummus	 Apple with Almond Butter	 Apple with Almond Butter	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries
Lunch	 Lentil & Feta Tabbouleh	 Penne with Bursted Cherry Tomato Sauce	 Greek Chicken Salad	 Roasted Carrots with Lentils & Tahini	 One Pan Mediterranean Trout	 Greek Kale Chickpea Salad	 Mediterranean Tuna Pasta Salad
Snack 2	 Salmon Cucumber Bites	 Salmon Cucumber Bites	 Celery & Hummus	 Celery & Hummus	 Apple Slices & Hummus	 Apple Slices & Hummus	 Apple Slices & Hummus
Dinner	 Penne with Bursted Cherry Tomato Sauce	 Greek Chicken Salad	 Roasted Carrots with Lentils & Tahini	 One Pan Mediterranean Trout	 Greek Kale Chickpea Salad	 Mediterranean Tuna Pasta Salad	 Grilled Bruschetta Chicken



Fruits

- ☐ 5 3/4 Apple
- ☐ 1 1/2 Avocado
- ☐ 1 Banana
- ☐ 2 1/3 Lemon

Breakfast

- ☐ 1/4 cup Almond Butter

Seeds, Nuts & Spices

- ☐ 1/3 tsp Black Pepper
- ☐ 1 tsp Cinnamon
- ☐ 1 tbsp Greek Seasoning
- ☐ 1 1/2 tbsps Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 1 1/2 tsps Italian Seasoning
- ☐ 1/2 tsp Paprika
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3 tbsps Sliced Almonds
- ☐ 1/4 cup Sunflower Seeds

Frozen

- ☐ 3 cups Frozen Berries

Vegetables

- ☐ 4 cups Arugula
- ☐ 2 cups Baby Spinach
- ☐ 2 1/16 cups Basil Leaves
- ☐ 4 stalks Celery
- ☐ 4 1/2 cups Cherry Tomatoes
- ☐ 1 1/4 Cucumber
- ☐ 1 tbsp Fresh Dill
- ☐ 3 Garlic
- ☐ 1/2 Green Bell Pepper
- ☐ 6 Heirloom Carrots
- ☐ 6 cups Kale Leaves
- ☐ 1 cup Parsley
- ☐ 1/3 cup Red Onion
- ☐ 3 3/4 Tomato

Boxed & Canned

- ☐ 1 cup Brown Rice Fusilli, Cooked
- ☐ 4 ozs Chickpea Pasta
- ☐ 1 cup Chickpeas
- ☐ 1 1/2 cups Lentils
- ☐ 3/4 cup Quinoa
- ☐ 1/2 can Tuna
- ☐ 3 1/2 ozs Whole Grain Crackers

Baking

- ☐ 1 tbsp Nutritional Yeast
- ☐ 1 1/2 cups Oats
- ☐ 3 tbsps Organic Raisins
- ☐ 3 tbsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- ☐ 14 ozs Chicken Breast
- ☐ 1/2 cup Feta Cheese
- ☐ 2 3/4 cups Hummus
- ☐ 2 Rainbow Trout Fillet
- ☐ 4 slices Rye Bread
- ☐ 3 1/2 ozs Smoked Salmon

Condiments & Oils

- ☐ 3/4 cup Artichoke Hearts
- ☐ 1 3/4 tbsps Balsamic Vinegar
- ☐ 1 1/2 tsps Coconut Oil
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Green Olives
- ☐ 3/4 cup Pitted Kalamata Olives
- ☐ 1 1/2 tsps Red Wine Vinegar
- ☐ 1/4 cup Sun Dried Tomatoes
- ☐ 1 1/2 tbsps Tahini

Cold

- ☐ 3 1/4 cups Plain Greek Yogurt
- ☐ 3/4 cup Unsweetened Almond Milk
- ☐ 1 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 1/2 cup Protein Powder
- ☐ 3 1/4 cups Water



Overnight Bircher Muesli

3 servings

8 hours

Ingredients

- 1 1/2 cups Oats (rolled)
- 3 tbsps Unsweetened Shredded Coconut
- 3 tbsps Sliced Almonds
- 1 1/2 tbsps Ground Flax Seed
- 3 tbsps Organic Raisins
- 3 tbsps Hemp Seeds
- 1/3 tsp Cinnamon
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt
- 3/4 Apple (medium, grated)

Directions

- 1 In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
- 2 Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
- 3 Divide into bowls or jars in the morning, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Prep Ahead: The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

Likes it Sweet: Serve with fresh berries and/or a drizzle of maple syrup or honey.

More Protein: Make with Greek yogurt instead of coconut yogurt.



Post Workout Green Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Protein Powder (unflavored or vanilla)
1 cup Water (cold)
1/4 Avocado
1/2 Banana (frozen)
1 cup Baby Spinach

Directions

1

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds.



Hummus Toast with Avocado

1 serving

10 minutes

Ingredients

2 slices Rye Bread (toasted)
1/2 cup Hummus
1/2 Avocado (sliced or mashed)
2 tbsps Sunflower Seeds
Sea Salt & Black Pepper (to taste)

Directions

1

Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds: Use hemp seeds, sesame seeds or pumpkin seeds instead.

Make Your Own Bread: See our Grain-Free Flax Bread recipe.



Crackers & Hummus

1 serving

5 minutes

Ingredients

1 3/4 ozs Whole Grain Crackers

1/4 cup Hummus

Directions

1

Dip the crackers into the hummus and enjoy!

Notes

Crackers: Choose whole grain or gluten-free crackers, rice crackers, sprouted grain, almond flour, or your own homemade crackers!



Apple with Almond Butter

1 serving

5 minutes

Ingredients

1 Apple
2 tbsps Almond Butter

Directions

- 1 Slice apple and cut away the core.
- 2 Dip into almond butter.
- 3 Yummmmm.



Yogurt & Berries

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Lentil & Feta Tabbouleh

1 serving

10 minutes

Ingredients

1/2 cup Lentils (cooked)
1/2 Tomato (medium, diced)
2 2/3 tbsps Feta Cheese (crumbled)
1 cup Parsley (chopped)
2 tbsps Red Onion (finely diced)
1 tbsp Extra Virgin Olive Oil
1/8 Lemon (juiced)
1/2 tsp Cinnamon (ground)
Sea Salt & Black Pepper (to taste)

Directions

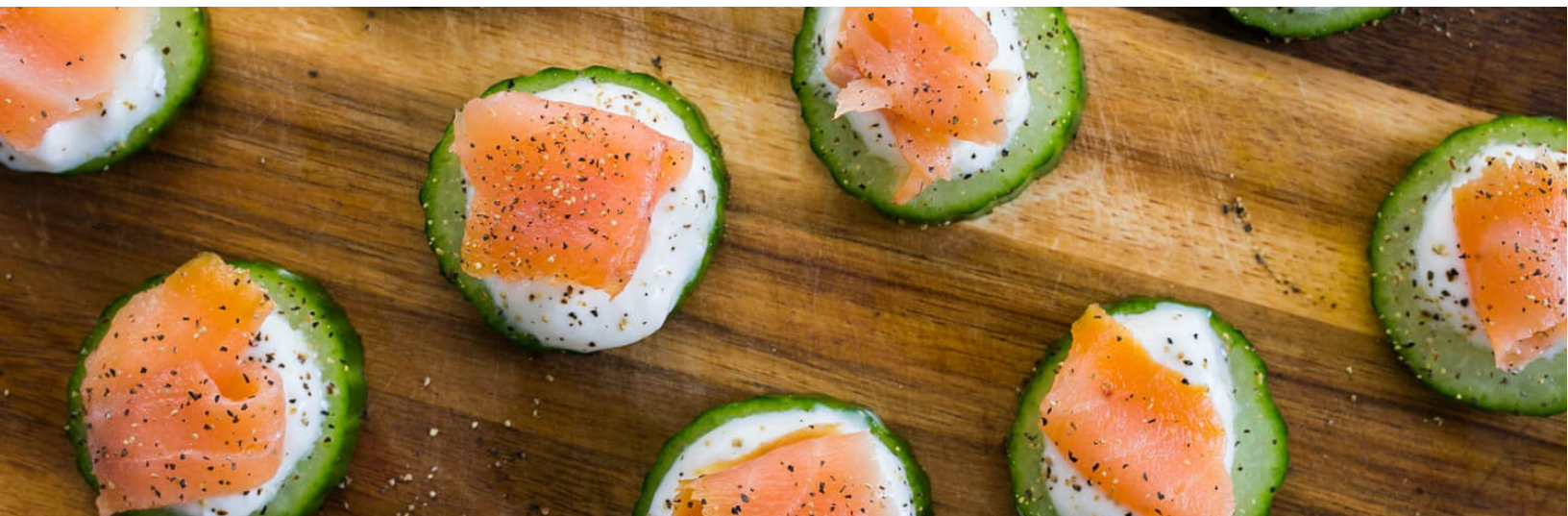
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Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free: Omit the feta and use sliced olives or capers instead.

Storage: Store in an airtight container in the fridge up to 3 days.



Salmon Cucumber Bites

2 servings

5 minutes

Ingredients

1/4 cup Plain Greek Yogurt
1/2 Cucumber (sliced)
3 1/2 ozs Smoked Salmon (sliced)
1/4 tsp Black Pepper

Directions

1

Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Notes

No Greek Yogurt: Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.



Celery & Hummus

1 serving

5 minutes

Ingredients

2 stalks Celery (cut into sticks)

1/4 cup Hummus

1/4 tsp Paprika (optional)

Directions

1

Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Notes

Make it Yourself: Check out our Green Pea Hummus or Sweet Potato Hummus recipes.



Apple Slices & Hummus

1 serving

5 minutes

Ingredients

1 Apple
1/4 cup Hummus

Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple: Use pear slices instead.



Penne with Bursted Cherry Tomato Sauce

2 servings

30 minutes

Ingredients

4 ozs Chickpea Pasta (dry)
1/4 cup Extra Virgin Olive Oil
3 cups Cherry Tomatoes
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (chopped)
1 tbsp Nutritional Yeast

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta: Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast: Use parmesan or omit completely.



Greek Chicken Salad

2 servings

45 minutes

Ingredients

- 1 tbsp Greek Seasoning
- 1/2 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 10 ozs Chicken Breast (boneless, skinless)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1/2 Cucumber (diced)
- 2 tbsps Red Onion (finely diced)
- 1/2 cup Pitted Kalamata Olives (chopped)
- 1 1/2 tbsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs: Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover: Sprinkle with feta cheese.

No Greek Seasoning: Use Italian seasoning instead.



Roasted Carrots with Lentils & Tahini

2 servings

25 minutes

Ingredients

- 6 Heirloom Carrots (washed)
- 1 1/2 tsps Coconut Oil
- 1/4 tsp Sea Salt
- 1 1/2 tsps Tahini
- 1/2 Lemon (juiced)
- 2 tsps Water
- 1 tbsp Extra Virgin Olive Oil (divided)
- 4 cups Kale Leaves (finely sliced)
- 1 1/2 tsps Red Wine Vinegar
- 1 cup Lentils (cooked, drained and rinsed)

Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
- 2 Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
- 3 Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots ontop and drizzle with tahini dressing. Enjoy!

Notes

Prep Ahead: Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

Leftovers: Store covered in the fridge up to 3 days.



One Pan Mediterranean Trout

2 servings

25 minutes

Ingredients

- 1 cup Basil Leaves
- 1/4 Lemon (juiced)
- 1/2 Garlic (clove)
- 1/8 tsp Sea Salt
- 2 tbsps Hemp Seeds
- 2 tbsps Extra Virgin Olive Oil
- 2 Rainbow Trout Fillet (about 5 oz. each)
- 3/4 cup Artichoke Hearts
- 1/4 cup Pitted Kalamata Olives
- 2 Tomato (large, quartered)

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
- 2 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 3 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 4 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Notes

No Trout: Use salmon fillets instead.

More Carbs: Serve with rice or quinoa.



Quinoa

3 servings

15 minutes

Ingredients

3/4 cup Quinoa (uncooked)

1 1/8 cups Water

Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Greek Kale Chickpea Salad

2 servings

15 minutes

Ingredients

- 1 tbsp Fresh Dill (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1/4 Cucumber (diced)
- 1/2 Tomato (diced)
- 1/2 Green Bell Pepper (diced)
- 2 cups Kale Leaves (finely sliced)
- 1/4 cup Feta Cheese (crumbled)

Directions

- 1 In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
- 2 In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

Notes

No Chickpeas: Use lentils or kidney beans instead.

Extra Greek: Add chopped black olives.

No Kale: Use spinach or any dark leafy green instead.



Mediterranean Tuna Pasta Salad

2 servings

15 minutes

Ingredients

1 cup Brown Rice Fusilli, Cooked
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1 1/2 tsps Italian Seasoning
Sea Salt & Black Pepper (to taste)
1/4 cup Green Olives (sliced)
1/4 cup Sun Dried Tomatoes (sliced)
1/2 can Tuna (drained and flaked)
4 cups Arugula
2 tbsps Hemp Seeds

Directions

- 1 Cook the brown rice pasta according to directions on the package.
- 2 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 3 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 4 In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

Notes

Vegan: Use chickpeas or lentils instead of tuna.

Leftovers: Keeps well in the fridge up to 3 days.



Grilled Bruschetta Chicken

1 serving

30 minutes

Ingredients

4 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
3/4 Tomato (medium, diced)
2 tbsps Red Onion (finely diced)
1/2 Garlic (cloves, minced)
1 tbsp Basil Leaves (chopped)
3/4 tsp Extra Virgin Olive Oil
3/4 tsp Balsamic Vinegar

Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With: Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

Cheese Lover: Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill: Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.