

Your free Mediterranean diet meal plan

A full week of simple, balanced meals. No calorie counting, no weighing, no logging. Everything here uses ordinary supermarket ingredients.

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Monday	Tomato-feta chickpea toast	Sardine quinoa tomato salad	Chickpea feta vegetable bowl	Olives with yogurt and walnuts
Tuesday	Greek yogurt oat tomato-feta plate	Mediterranean chickpea pita	Sardine potato tomato skillet	Olive hummus snack plate
Wednesday	Chickpea tomato feta scramble	Sardine brown rice bowl	Chickpea tomato pasta	Olives, feta and rye crisps
Thursday	Tomato avocado feta toast	Chickpea quinoa Greek salad	Sardine couscous vegetable plate	Olives with chickpea dip
Friday	Sardine tomato breakfast bowl	Chickpea tomato barley salad	Feta stuffed peppers with rice	Olive yogurt cucumber cup
Saturday	Savory oats with tomato and feta	Sardine chickpea pita salad	Tomato lentil feta stew	Olives with hummus and tomatoes
Sunday	Mediterranean egg chickpea wrap	Tomato sardine potato salad	Chickpea tomato quinoa bake	Olive feta tomato skewers

How to actually use this. Do not try to follow it perfectly. Pick the four or five meals that appeal, shop for those, and repeat whatever you liked next week. Ingredients repeat across the week on purpose, so one shop covers everything and nothing wilts at the back of the fridge.

General wellness information only, not medical or dietary advice. If you have a health condition, food allergies or specific dietary needs, please speak to a qualified healthcare professional.

The grocery list for that week

Grouped by aisle so you walk the shop once. Tick off anything you already have before you go.

FRUIT AND VEGETABLES

- ☐ Tomato, 2.8 kg
- ☐ Chickpeas, 1.3 kg
- ☐ Cucumber, 800 g
- ☐ Tomato passata, 550 g
- ☐ Potatoes, 500 g
- ☐ Green olives, 350 g
- ☐ Bell pepper, 350 g
- ☐ Zucchini, 250 g
- ☐ Green beans, 250 g
- ☐ Spinach, 250 g
- ☐ Pearl barley, 180 g
- ☐ Carrot, 150 g
- ☐ Onion, 140 g
- ☐ Peppers, 120 g
- ☐ Parsley, 90 g
- ☐ Avocado, 70 g
- ☐ Lemon juice, 50 g
- ☐ Red onion, 50 g
- ☐ Garlic, 30 g
- ☐ Basil, 10 g

MEAT AND FISH

- ☐ Sardines, 750 g

DAIRY AND EGGS

- ☐ Feta, 750 g
- ☐ Greek yogurt, 550 g
- ☐ Eggs, 300 g

CUPBOARD

- ☐ Brown rice, 650 g
- ☐ Quinoa, 450 g
- ☐ Whole-grain bread, 300 g
- ☐ Hummus, 200 g
- ☐ Couscous, 200 g
- ☐ Lentils, 200 g
- ☐ Whole-wheat pasta, 180 g
- ☐ Whole-wheat pita, 120 g
- ☐ Rolled oats, 100 g
- ☐ Olive oil, 70 g
- ☐ Whole-wheat tortilla, 50 g
- ☐ Rye crispbread, 35 g
- ☐ Walnuts, 23 g
- ☐ Olives, 11 g
- ☐ Whole-grain crackers, 5 g
- ☐ Paprika, 3 g
- ☐ Pumpkin seeds, 1 g

One trip, not three. Quantities are for one person for the week, so double them if you are cooking for two. Weights are what ends up on the plate, so for anything you cook from dry, such as rice, pasta or lentils, you will need noticeably less by weight in the packet.

Now plan your own week

Stick this on the fridge. Fill in whatever you already know, and leave the rest blank until you decide.

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

HOW THIS WEEK WAS BUILT

Told it to favour olive oil, tomatoes, feta, chickpeas, sardines

Meals a day Breakfast, lunch, dinner and snack

FitLifeBud wrote this from those few preferences. It was not built around **your** foods, your household or your goal, which is the part the app does when you tell it about yourself.

Do not want to fill this in every Sunday? That is the job FitLifeBud does. Tell it your goal and the foods you actually like, and it writes the week and the grocery list for you, then swaps out anything you are not in the mood for. The yearly plan starts with a **7-day free trial**, and there is no calorie counting anywhere in it. **fitlifebud.com**