

Download Mediterranean Diet A 14 Day Mediterranean Diet Meal Plan

This is a detailed meal plan for the Mediterranean diet. Foods to eat, foods to avoid and a sample Mediterranean menu for one week. Dinner on a Mediterranean Diet. Meal options include fish like grilled salmon or pan-seared trout, seasoned with lemon and dill; chicken baked with a little olive oil and rosemary; grilled lamb chops with mint; mussels cooked in a tomato, garlic and wine broth; chili made with ground turkey, kidney beans and cayenne,...7-Day Mediterranean Meal Plan: 1,500 Calories. The Mediterranean diet emphasizes fruits, vegetables, whole grains, legumes, fish, nuts, olive oil and other plant based oils, and limits unhealthy fats and refined sugars. If a particular nutrient is of concern, consider speaking with your health care provider about supplementation or altering this meal...Building a meal plan. The Mediterranean diet puts a higher focus on plant foods than many other diets. It is not uncommon for vegetables, whole grains, and legumes to make up all or most of a meal.