

Mediterranean Diet Meal Plan

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
2 grains + 1 fruit + 1 dairy + 1 protein	1 grain or 1 fruit or 1 veggie + 1 protein	3 grains + 1 fruit + 1 veggie + 1 dairy + 2 protein	1 grain or 1 fruit or 1 veggie + 1 protein	2 grains + 1 veggie + 1 dairy + 2 protein

Fruit

Plum	2 large plums
Raspberries	30 raspberries
Orange	1 large (3 1/16" diameter)
Blueberries	1/2 cup
Grapes	32 seedless
Melon	1 cup
Banana	1 large (8" - 9" long)
Apple	1 small (2 1/4" diameter)
Dried fruit	1/2 cup

Veggies

Carrots	2 medium or 12 baby carrots
Sweet potato	1 large (2 1/4" diameter)
Tomatoes	1 cup
Broccoli	3 spears 5" long
Mixed greens	2 cups
Parsnips	1 large (9" long)
Cucumber	1 cup
Onion	1 cup

Dairy

Greek yogurt	1 (7 oz.) container
Crumbled Feta	1/4 cup
Cheese	1 1/2 ounce
Milk	1 cup
Ricotta	1/2 cup

Protein

Skinless Chicken	3 ounces
Salmon	3 ounces
Nut Butter	1 tablespoon
Beans	1/4 cup cooked
Walnuts	1/2 ounce (7 halves)
Almonds	12 almonds
Hummus	2 tablespoons
Cod	3 ounces
Chickpeas	1/4 cup cooked
Eggs	1 egg
Lentils	1/4 cup cooked

Grain

Whole wheat bread	1 slice
Whole grain English muffin	1 half
Quinoa	1/2 cup cooked
Pita bread	1 small (6" diameter)
Muesli	1/2 cup cooked
Brown rice	1/2 cup cooked
Barley	1/2 cup cooked
Farro	1/4 cup uncooked
Oats	1/2 cooked

Fats & Oils

Olive oil	1 tablespoon
Olives	4 large
Avocado	1/2 medium

Eat sparingly

Added sugars
Refined grains
Processed meats
Highly processed foods

Beverages

Water
Unsweetened tea
Black coffee

Resources: www.choosemyplate.gov
www.eatright.org

Contact your onsite Health Coach for more information:

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