

# 7 Day Sample Meal Plan

MEDITERRANEAN

	Day 1	Day 2	Day 3	Day 4
<b>Breakfast</b>	<p>Avocado Toast</p> <ul style="list-style-type: none"> <li>-2 pieces whole wheat bread</li> <li>-1 small avocado, sliced</li> <li>-1/2 cup halved cherry tomatoes</li> <li>-1/2 teaspoon red pepper flakes</li> </ul> <p>1/2 cup plain nonfat Greek yogurt</p> <p><b>Calories:</b> 450 <b>Fat:</b> 17 <b>Protein:</b> 24 <b>Carbs:</b> 57</p>	<p>Tofu Shakshuka</p> <p><i>*See recipe in Wellness resources</i></p> <p>1 piece whole wheat toast</p> <p>1/2 cup fresh berries</p> <p><b>Calories:</b> 405 <b>Fat:</b> 16 <b>Protein:</b> 22 <b>Carbs:</b> 45</p>	<p>Veggie &amp; Feta Omelet</p> <ul style="list-style-type: none"> <li>-1/4 cup diced onion</li> <li>-1/4 chopped tomato</li> <li>-1/4 cup chopped broccoli</li> <li>-3 egg whites</li> <li>-1 teaspoon olive oil</li> <li>-1 oz. feta cheese</li> </ul> <p>1 cup fresh cherries</p> <p><b>Calories:</b> 295 <b>Fat:</b> 9 <b>Protein:</b> 20 <b>Carbs:</b> 35</p>	<p>Fruit &amp; Wheat Berry Salad</p> <ul style="list-style-type: none"> <li>-1/2 cup wheat berries, cooked</li> <li>-1/2 cup orange segments</li> <li>-1/4 cup pomegranate seeds</li> <li>-1 teaspoon olive oil</li> <li>-1 teaspoon honey</li> <li>-2 tablespoons fresh mint</li> <li>-1 tablespoon chopped pistachios</li> </ul> <p><b>Calories:</b> 370 <b>Fat:</b> 8 <b>Protein:</b> 6 <b>Carbs:</b> 70</p>
<b>Lunch</b>	<p>Greek Red Lentil Soup</p> <p><i>*See recipe in Wellness resources</i></p> <p>1 oz. feta cheese</p> <p><b>Calories:</b> 360 <b>Fat:</b> 8 <b>Protein:</b> 25 <b>Carbs:</b> 47</p>	<p>Lemon Pasta with Pine Nuts</p> <ul style="list-style-type: none"> <li>-6 oz. cooked whole wheat spaghetti</li> <li>-2 teaspoons olive oil</li> <li>-Juice from 1 lemon</li> <li>-1/2 cup halved cherry tomatoes</li> <li>-1 cup roasted cauliflower</li> <li>-1 tablespoon pine nuts</li> <li>-1/4 cup roasted red bell peppers</li> <li>-1 cup spinach leaves</li> </ul> <p><b>Calories:</b> 430 <b>Fat:</b> 17 <b>Protein:</b> 14 <b>Carbs:</b> 63</p>	<p>Margherita Pizza</p> <p><i>*See recipe in Wellness resources</i></p> <p>2 cups chopped romaine lettuce</p> <p>1/2 cup halved cherry tomatoes</p> <p>1 tablespoon red wine vinaigrette</p> <p><b>Calories:</b> 340 <b>Fat:</b> 17 <b>Protein:</b> 12 <b>Carbs:</b> 46</p>	<p>Farro-Stuffed Peppers</p> <ul style="list-style-type: none"> <li>-1 whole red bell pepper, seeded</li> <li>-3 ounces veggie soy crumbles</li> <li>-1 cup cooked farro</li> <li>-1/4 cup diced onion</li> <li>-1/2 cup chopped zucchini</li> <li>-1/2 cup chopped tomatoes</li> <li>-1 teaspoon dried oregano</li> <li>-1 tablespoon fresh mint, chopped</li> </ul> <p><b>Calories:</b> 350 <b>Fat:</b> 4 <b>Protein:</b> 20 <b>Carbs:</b> 76</p>
<b>Dinner</b>	<p>Hummus Grain Bowl</p> <ul style="list-style-type: none"> <li>-2 cups spring mix</li> <li>-1 serving roasted garlic hummus</li> <li>-1/2 cup cooked bulgur</li> <li>-1 tablespoon chopped olives</li> <li>-1/4 cup sliced red onion</li> <li>-1/2 cup chopped cucumber</li> <li>-1/2 cup halved cherry tomatoes</li> <li>-Juice from 1 lemon</li> </ul> <p><b>Calories:</b> 370 <b>Fat:</b> 15 <b>Protein:</b> 12 <b>Carbs:</b> 54</p>	<p>Bulgur &amp; Chickpea Salad</p> <p><i>*See recipe in Wellness resources</i></p> <p>3 ounces grilled tofu cubes</p> <p><b>Calories:</b> 380 <b>Fat:</b> 16 <b>Protein:</b> 18 <b>Carbs:</b> 44</p>	<p>Chickpea Salad Pita Pockets</p> <ul style="list-style-type: none"> <li>-1 piece whole wheat pita bread</li> <li>-1 cup garbanzo beans</li> <li>-1/4 cup sliced red onion</li> <li>-1/4 cup nonfat plain Greek yogurt</li> <li>-Juice from 1 lemon</li> <li>-1/2 tablespoon turmeric</li> <li>-2 tablespoons fresh parsley</li> </ul> <p><b>Calories:</b> 420 <b>Fat:</b> 4 <b>Protein:</b> 22 <b>Carbs:</b> 75</p>	<p>Bulgur &amp; Chickpea Salad</p> <p><i>*See recipe in Wellness resources</i></p> <p>3 ounces grilled tofu cubes</p> <p><b>Calories:</b> 380 <b>Fat:</b> 16 <b>Protein:</b> 18 <b>Carbs:</b> 44</p>
<b>Snack</b>	<p>2 tablespoons raw walnut halves</p> <p>1/4 cup pitted dates</p> <p>1/2 cup plain nonfat Greek yogurt</p> <p><b>Calories:</b> 230 <b>Fat:</b> 5 <b>Protein:</b> 14 <b>Carbs:</b> 36</p>	<p>1 cup fresh red grapes</p> <p>1/4 cup raw pistachios</p> <p><b>Calories:</b> 190 <b>Fat:</b> 7 <b>Protein:</b> 4 <b>Carbs:</b> 31</p>	<p>Simple Roasted Garlic Hummus</p> <p><i>*See recipe in Wellness resources</i></p> <p>1 cup fresh carrot sticks</p> <p><b>Calories:</b> 190 <b>Fat:</b> 7 <b>Protein:</b> 7 <b>Carbs:</b> 23</p>	<p>1 medium apple</p> <p>1 1/2 tablespoons almond butter</p> <p><b>Calories:</b> 220 <b>Fat:</b> 13 <b>Protein:</b> 5 <b>Carbs:</b> 22</p>



# 7 Day Sample Meal Plan

	Day 5	Day 6	Day 7
<b>Breakfast</b>	<p>Veggie &amp; Feta Omelet</p> <ul style="list-style-type: none"> <li>-1/4 cup diced onion</li> <li>-1/4 chopped tomato</li> <li>-1/4 cup chopped broccoli</li> <li>-3 egg whites</li> <li>-1 teaspoon olive oil</li> <li>-1 oz. feta cheese</li> </ul> <p>1 cup fresh cherries</p> <p><b>Calories:</b> 295 <b>Fat:</b> 9 <b>Protein:</b> 20 <b>Carbs:</b> 35</p>	<p>Fruit &amp; Wheat Berry Salad</p> <ul style="list-style-type: none"> <li>-1/2 cup wheat berries, cooked</li> <li>-1/2 cup orange segments</li> <li>-1/4 cup pomegranate seeds</li> <li>-1 teaspoon olive oil</li> <li>-1 teaspoon honey</li> <li>-2 tablespoons fresh mint</li> <li>-1 tablespoon chopped pistachios</li> </ul> <p><b>Calories:</b> 370 <b>Fat:</b> 8 <b>Protein:</b> 6 <b>Carbs:</b> 70</p>	<p>Tofu Shakshuka</p> <p><i>*See recipe in Wellness resources</i></p> <p>1 piece whole wheat toast</p> <p>1/2 cup fresh berries</p> <p><b>Calories:</b> 405 <b>Fat:</b> 16 <b>Protein:</b> 22 <b>Carbs:</b> 45</p>
<b>Lunch</b>	<p>Margherita Pizza</p> <p><i>*See recipe in Wellness resources</i></p> <p>2 cups chopped romaine lettuce</p> <p>1/2 cup halved cherry tomatoes</p> <p>1 tablespoon red wine vinaigrette</p> <p><b>Calories:</b> 340 <b>Fat:</b> 17 <b>Protein:</b> 12 <b>Carbs:</b> 46</p>	<p>Greek Red Lentil Soup</p> <p><i>*See recipe in Wellness resources</i></p> <p>1 oz. feta cheese</p> <p><b>Calories:</b> 360 <b>Fat:</b> 8 <b>Protein:</b> 25 <b>Carbs:</b> 47</p>	<p>Hummus Grain Bowl</p> <ul style="list-style-type: none"> <li>-2 cups spring mix</li> <li>-1 serving roasted garlic hummus</li> <li>-1/2 cup cooked bulgur</li> <li>-1 tablespoon chopped olives</li> <li>-1/4 cup sliced red onion</li> <li>-1/2 cup chopped cucumber</li> <li>-1/2 cup halved cherry tomatoes</li> <li>-Juice from 1 lemon</li> </ul> <p><b>Calories:</b> 370 <b>Fat:</b> 15 <b>Protein:</b> 12 <b>Carbs:</b> 54</p>
<b>Dinner</b>	<p>Lemon Pasta with Pine Nuts</p> <ul style="list-style-type: none"> <li>-6 oz. cooked whole wheat spaghetti</li> <li>-2 teaspoons olive oil</li> <li>-Juice from 1 lemon</li> <li>-1/2 cup halved cherry tomatoes</li> <li>-1 cup roasted cauliflower</li> <li>-1 tablespoon pine nuts</li> <li>-1/4 cup roasted red bell peppers</li> <li>-1 cup spinach leaves</li> </ul> <p><b>Calories:</b> 430 <b>Fat:</b> 17 <b>Protein:</b> 14 <b>Carbs:</b> 63</p>	<p>Chickpea Salad Pita Pockets</p> <ul style="list-style-type: none"> <li>-1 piece whole wheat pita bread</li> <li>-1 cup garbanzo beans</li> <li>-1/4 cup sliced red onion</li> <li>-1/4 cup nonfat plain Greek yogurt</li> <li>-Juice from 1 lemon</li> <li>-1/2 tablespoon turmeric</li> <li>-2 tablespoons fresh parsley</li> </ul> <p><b>Calories:</b> 420 <b>Fat:</b> 4 <b>Protein:</b> 22 <b>Carbs:</b> 75</p>	<p>Farro-Stuffed Peppers</p> <ul style="list-style-type: none"> <li>-1 whole red bell pepper, seeded</li> <li>-3 ounces veggie soy crumbles</li> <li>-1 cup cooked farro</li> <li>-1/4 cup diced onion</li> <li>-1/2 cup chopped zucchini</li> <li>-1/2 cup chopped tomatoes</li> <li>-1 teaspoon dried oregano</li> <li>-1 tablespoon fresh mint, chopped</li> </ul> <p><b>Calories:</b> 350 <b>Fat:</b> 4 <b>Protein:</b> 20 <b>Carbs:</b> 76</p>
<b>Snack</b>	<p>Simple Roasted Garlic Hummus</p> <p><i>*See recipe in Wellness resources</i></p> <p>1 cup fresh carrot sticks</p> <p><b>Calories:</b> 190 <b>Fat:</b> 7 <b>Protein:</b> 7 <b>Carbs:</b> 23</p>	<p>2 tablespoons raw walnut halves</p> <p>1/4 cup pitted dates</p> <p>1/2 cup plain nonfat Greek yogurt</p> <p><b>Calories:</b> 230 <b>Fat:</b> 5 <b>Protein:</b> 14 <b>Carbs:</b> 36</p>	<p>1 cup fresh red grapes</p> <p>1/4 cup raw pistachios</p> <p><b>Calories:</b> 190 <b>Fat:</b> 7 <b>Protein:</b> 4 <b>Carbs:</b> 31</p>

Living  Whole  
Wellness Program

A Recipe for Success

