

MEDITERRANEAN DIET MEAL PLAN

MONDAY



Fish Stew

This fish stew delivers a mix of garden freshness with the deep flavors of the sea.

Cook time from start to finish: 42 minutes

Flavor profile: Briny, earthy, fruity, salty, delicate.

Ingredients: Olive oil, garlic, anchovy fillets, leek, bell pepper, tomatoes, white wine, chicken stock, fresh white fish such as cod or halibut, parsley.

[GO TO RECIPE](#)

TUESDAY



Teriyaki Arctic Char

Fresh arctic char glazed with an easy homemade teriyaki sauce that's much better than any store bought teriyaki sauce you've tasted!

Cook time from start to finish: 10 minutes

Flavor profile: Savory, sweet, umami.

Ingredients: Arctic char, soy sauce, mirin, sugar, garlic, cornstarch, scallions, rice.

[GO TO RECIPE](#)

WEDNESDAY



Farro Risotto

This is a rustic farro risotto with sauteed mushrooms and fennel, cooked in white wine and vegetable broth. Comforting and delicious!

Cook time from start to finish: 55 minutes

Flavor profile: Earthy with notes of curry and a little fruitiness from the wine.

Ingredients: Farro, fennel, mushrooms, carrot, garlic, white wine, curry powder, vegetable broth, lemon wedges.

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THURSDAY



Edamame Quinoa Salad

This is a refreshing protein packed quinoa salad that only takes 10 minutes to make.

Cook time from start to finish: 10 minutes

Flavor profile: Bright, acidic, fruity, salty.

Ingredients: Bell pepper, celery, baby spinach, cherry tomatoes, red onion, white wine vinegar, balsamic vinegar, cooked quinoa, can chickpeas, edamame beans.

[GO TO RECIPE](#)

FRIDAY



Smoked Salmon Omelette

A classic French smoked salmon omelette served with a creamy and delicately sweet white sauce.

Cook time from start to finish: 15 minutes

Flavor profile: Sweet, salty, briny, umami, creamy, delicate.

Ingredients: Eggs, smoked salmon, baby spinach, gruyere cheese, butter, flour, milk, chicken stock.

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MEDITERRANEAN DIET MEAL PLAN

LUNCH IDEAS



- Vegetarian lentil soup
- Vegan fried rice
- Three bean salad

SIDE IDEAS



- Gomaе (Japanese spinach salad with sesame seeds)
- Italian cauliflower stir fry
- Slow cooker pinto beans

SNACK IDEAS



- Vegetable plate with ssamjang dipping sauce
- Peanut butter protein balls
- Edamame with soy and sesame sauce

GROCERY LIST (FOR FAMILY OF 4)

FISH STEW, TERIYAKI ARCTIC CHAR, FARRO RISOTTO, EDAMAME QUINOA SALAD, SMOKED SALMON OMELETTE

FRUITS & VEGETABLES

- 6 garlic cloves
- 1 leek stalk
- 1 1/2 bell pepper
- 1 small carrot
- 1 celery stalk
- 1 medium tomato
- 3 tablespoons flat leaf parsley
- 1 fennel bulb
- 2 1/2 cups baby spinach
- 10 ounces white or brown mushrooms
- 10 shiitake mushrooms
- 1 scallion
- 1/2 small red onion
- 1 lemon

PANTRY

- 1 1/2 cup chicken stock
- Pinch of powdered chicken stock (optional)
- 1 3/4 cup vegetable broth
- 1/4 cup soy sauce
- 1/2 cup mirin
- 3 tablespoons white wine vinegar
- 1 tablespoon balsamic vinegar
- 2 teaspoons sugar
- 1 tablespoon cornstarch
- 1 teaspoon curry powder
- Salt
- Ground black pepper

PROTEIN

- 3 anchovy fillets
- 1 pound white fish such as cod or halibut
- 1 pound boneless arctic char
- 2 large eggs
- 2.5 ounces smoked salmon

CANNED GOODS

- 1 small can chickpeas

GRAINS/NOODLES

- Cooked white or brown rice for serving
- 1 1/2 cup dry farro
- 2 cups cooked quinoa

OILS / BUTTER

- 12 tablespoons olive oil
- 1 tablespoon vegetable oil
- 1 tablespoon salted butter

OTHER

- 1 cup white wine
- 3/4 cup milk or unsweetened oat milk
- 1 1/2 cup shelled edamame beans
- Gruyere cheese, aged gouda, cheddar, or parmesan cheese
- 1 tablespoon all-purpose flour
- Nutritional yeast (optional)