

Meal planner: Mediterranean diet

Enjoy Food	Monday	Tuesday	Wednesday	Thursday
Breakfast	Bircher muesli — 285Kcal 42Carbs(g) 1F&V	Avocado, banana and cashew toast — 316Kcal 25Carbs(g) 1F&V	Almond, apricot and pumpkin seed granola , 40g blueberries + 200ml semi-skimmed milk — 298Kcal 38.5Carbs(g) 0.5F&V	2 slices wholemeal toast, 20g peanut butter + 1 medium banana (100g) — 393Kcal 52Carbs(g) 1F&V
Snack	125g low-fat yogurt + 1 medium peach (130g) — 124Kcal 22Carbs(g) 1F&V	200ml semi-skimmed milk + 1 medium apple (85g) — 141Kcal 20.3Carbs(g) 1F&V	80g melon and 125g low-fat yogurt — 119Kcal 23.6Carbs(g) 1F&V	Warm exotic fruit salad + 125g low-fat yogurt — 184Kcal 36.3Carbs(g) 3F&V
Lunch	Hearty minestrone soup — 318Kcal 40Carbs(g) 2F&V	Mediterranean pasta salad + 2 medium plums (110g) — 461Kcal 66.8Carbs(g) 2F&V	Hearty Spanish omelette , salad + 1 tbsp French dressing — 489Kcal 47Carbs(g) 1F&V	Chickpea and tuna salad — 331Kcal 22.6Carbs(g) 4F&V
Snack	30g almonds — 198Kcal 2Carbs(g) 0F&V	2 oatcakes, 60g 0% fat cottage cheese + 90g cucumber — 161Kcal 19Carbs(g) 1F&V	25g unsalted peanuts — 158Kcal 1.7Carbs(g) 0F&V	Beetroot hummus , 1 oatcake + 50g red pepper strips — 138Kcal 17Carbs(g) 1F&V
Dinner	Grilled lemon and chilli chicken with couscous + spinach, lemon and feta salad — 417Kcal 23Carbs(g) 2F&V	Cod Portugaise with boiled new potatoes and side salad — 296Kcal 29.8Carbs(g) 3.5F&V	Galician stew with roasted butternut squash — 285Kcal 41.5Carbs(g) 8F&V	Greek-style chicken pitta — 381Kcal 34.5Carbs(g) 0F&V
Pudding	Full of fruit sundaes — 156Kcal 30.6Carbs(g) 1F&V	125g low-fat yogurt — 74Kcal 12.6Carbs(g) 0F&V	1 medium banana (100g) — 86Kcal 19Carbs(g) 1F&V	Blackcurrant and raspberry ice cream — 184Kcal 17.3Carbs(g) 1F&V
Snack	1 medium banana (100g) — 86Kcal 19Carbs(g) 1F&V	1 medium orange (150g) — 58Kcal 11.7Carbs(g) 1F&V	2 oatcakes + mushroom pate — 165Kcal 15.7Carbs(g) 0.5F&V	1 medium banana (100g) — 86Kcal 19Carbs(g) 1F&V
Milk	120ml semi-skimmed — 55Kcal 6Carbs(g) 0F&V	120ml semi-skimmed — 55Kcal 6Carbs(g) 0F&V	120ml semi-skimmed — 55Kcal 6Carbs(g) 0F&V	120ml semi-skimmed — 55Kcal 6Carbs(g) 0F&V
Totals	1639Kcal 184.6Carbs(g) 8F&V	1562Kcal 191.2Carbs(g) 9.5F&V	1655Kcal 193Carbs(g) 12F&V	1752Kcal 204.7Carbs(g) 11F&V

Meal planner: Mediterranean diet *continued*

Enjoy
Food

Friday



Saturday



Sunday



Breakfast	Very berry porridge — 248Kcal 46.7Carbs(g) 2F&V	2 medium poached eggs, 2 slices medium wholemeal toast + 10g reduced-fat spread — 311Kcal 24.9Carbs(g) 0F&V	Almond, apricot and pumpkin seed granola , + 40g blueberries + 200ml semi-skimmed milk — 298Kcal 38.5Carbs(g) 0.5F&V
Snack	1 medium banana (100g) — 86Kcal 19Carbs(g) 1F&V	80g mango and 125g low-fat yogurt — 120Kcal 23.6Carbs(g) 1F&V	30g almonds — 198Kcal 2Carbs(g) 0F&V
Lunch	Roasted peppers with feta cheese + minted aubergine with spinach and pine nuts — 347Kcal 30.3Carbs(g) 7F&V	Herby mackerel + roasted tomato and bulgar wheat salad — 694Kcal 44.2Carbs(g) 4.5F&V	Kale and green lentil soup + 2 medium clementines (160g) — 244Kcal 28.9Carbs(g) 4.5F&V
Snack	125g low-fat yogurt + 20g almonds — 196Kcal 14.7Carbs(g) 0F&V	2 oatcakes, 60g 0% fat cottage cheese + 90g cucumber — 161Kcal 19Carbs(g) 1F&V	2 oatcakes + 1 tbsp peanut butter (15g) — 236Kcal 19.6Carbs(g) 0F&V
Dinner	Crisp salmon salad — 353Kcal 25.3Carbs(g) 1F&V	Aubergine and courgette parmesan bake + 200g green salad — 297Kcal 21.3Carbs(g) 5.5F&V	Marinated chicken skewers with couscous — 450Kcal 62.3Carbs(g) 1.5F&V
Pudding	Blueberry and lemon cheesecake — 279Kcal 33.9Carbs(g) 1F&V	2 scoops reduced-fat vanilla ice cream (120g) — 100Kcal 20.2Carbs(g) 1F&V	Warm exotic fruit salad + 125g low-fat yogurt — 184Kcal 36.3Carbs(g) 3F&V
Snack	Spicy roasted chickpeas — 62Kcal 6Carbs(g) 0F&V	1 medium banana (100g) — 86Kcal 19Carbs(g) 0F&V	Spicy roasted chickpeas — 62Kcal 6Carbs(g) 0F&V
Milk	120ml semi-skimmed — 55Kcal 6Carbs(g) 0F&V	120ml semi-skimmed — 55Kcal 6Carbs(g) 0F&V	120ml semi-skimmed — 55Kcal 6Carbs(g) 0F&V
Totals	1626Kcal 181.9Carbs(g) 12F&V	1824Kcal 178.2Carbs(g) 13F&V	1727Kcal 199.6Carbs(g) 9.5F&V

Shopping list