

14-Day Mediterranean Meal Plan

Your 14-Day Meal Plan & Success Guide



Important Medical Disclaimer

Please Read Carefully Before Beginning This Meal Plan

This Mediterranean Diet Meal Plan and Guide (the "Guide") is provided for informational and educational purposes only. It is not intended as medical advice, nor is it a substitute for professional medical advice, diagnosis, or treatment.

Consult Your Healthcare Provider: Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition or before starting any new diet, nutrition, or exercise program. Never disregard professional medical advice or delay in seeking it because of something you have read in this Guide.

Not a Substitute: The information contained herein, including the meal plans, recipes, and recommendations, is not intended to replace a one-on-one relationship with a qualified healthcare professional and is not intended as medical advice.

Individual Results May Vary: Nutritional needs vary from person to person based on age, sex, health status, activity level, and other factors. The meal plans and portion sizes provided are general guidelines and may not be appropriate for everyone. You may need to adjust portions, ingredients, or food choices to meet your individual needs, allergies, intolerances, or dietary restrictions.

Food Allergies & Sensitivities: You are responsible for reviewing the ingredients listed in the meal plan and recipes for potential allergens and making any necessary modifications. The creators of this Guide are not liable for any adverse reactions or effects resulting from the consumption of suggested foods or recipes.

Liability Waiver: By using this Guide, you acknowledge and agree that Meghan Stoops, RD, and Rednoice are not responsible or liable for any claim, loss, or damage arising from your use of the information provided. You assume full responsibility for your own health and well-being.

Effectiveness Not Guaranteed: While the Mediterranean diet is associated with numerous health benefits, individual results related to weight management, health markers, and well-being are not guaranteed.

This Guide is intended for generally healthy adults. It is not designed for individuals with specific, complex medical conditions requiring therapeutic diets unless under the direct supervision of their healthcare team.

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Welcome to a Healthier Lifestyle

The Mediterranean diet is more than just a trend—it's a lifestyle rooted in the culinary traditions of countries bordering the Mediterranean Sea. This dietary approach has been linked to numerous health benefits, including:

-  **Reduced risk** of heart disease, stroke, and type 2 diabetes
-  **Improved brain function** and cognitive health
-  **Weight management** and reduced obesity risk
-  **Enhanced mood** and overall well-being

The Core Principles:

- **Abundant fruits & vegetables** (5+ servings daily)
 - **Whole grains** over refined grains
 - **Healthy fats** like olive oil, nuts, and avocados
 - **Lean protein** from fish, poultry, and legumes
 - **Dairy in moderation**
 - **Limited processed foods** and sugary drinks
 - **Social dining** - enjoy meals with loved ones
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Your Mediterranean Diet Success Kit

This guide includes everything you need to start your Mediterranean diet journey with confidence. Use the meal plan, checklists, and tools below to make your first two weeks simple, organized, and delicious.



Mediterranean Diet Starter Checklist

Use this checklist to get your kitchen and mindset ready for the next 14 days.

Pantry & Kitchen Prep

- **Healthy Fats:** Extra virgin olive oil, avocados, nuts (almonds, walnuts), seeds (chia, flax)
- **Whole Grains:** Whole-wheat pasta, brown rice, quinoa, oats, whole-grain bread
- **Proteins:** Canned legumes (chickpeas, lentils), canned tuna/salmon, dry lentils
- **Flavor Boosters:** Garlic, onions, lemons, herbs (oregano, basil, rosemary), spices
- **Frozen Staples:** Frozen berries, vegetables (spinach, broccoli, mixed veggies)

Mindset & Planning

- I have reviewed the 14-day meal plan and identified my favorite meals.
 - I've scheduled a time for grocery shopping and meal prep.
 - I have containers ready for leftovers and meal prepping.
 - My goal is to focus on adding healthy foods, not restricting others.
 - I've invited a friend or family member to join me for support.
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2-Week Grocery Shopping List

This comprehensive list is organized by grocery store section to make your shopping trip efficient.

Produce

- Fresh Fruits:** Berries, bananas, apples, lemons
- Fresh Vegetables:** Spinach, tomatoes, cucumbers, asparagus, zucchini, broccoli, bell peppers, onions, garlic, potatoes, carrots
- Herbs:** Fresh basil or parsley (optional)
- Other:** Avocados

Protein

- Chicken breast or thighs
- Salmon fillets
- Shrimp
- A block of feta cheese
- Eggs
- Canned tuna
- Hummus

Pantry & Dairy

- Greek yogurt (plain)
 - Honey or maple syrup
 - Whole-grain bread
 - Whole-grain pasta
 - Quinoa
 - Old-fashioned oats
 - Whole-grain pancake mix
 - Corn tortillas
 - Canned lentils or dry lentils
 - Canned chickpeas
 - Your favorite salsa
 - Mixed nuts
 - Almond milk (or milk of choice)
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14-Day Meal Plan Table

Week 1: Getting Started

Day	Breakfast	Lunch	Dinner
Day 1 Monday	Greek yogurt with berries, nuts & honey	Grilled chicken salad with mixed greens, tomatoes, cucumbers & olive oil dressing	Baked salmon with roasted vegetables (asparagus, zucchini, cherry tomatoes)
Day 2 Tuesday	Whole-grain toast with avocado & poached egg	Lentil soup with crusty bread	Shrimp scampi with pasta & broccoli
Day 3 Wednesday	Oatmeal with fruit & nuts	Hummus & vegetable wrap	Chicken kebabs with quinoa & roasted peppers
Day 4 Thursday	Scrambled eggs with whole-grain toast & fruit	Leftovers from dinner	Grilled chicken breast with roasted potatoes & green beans
Day 5 Friday	Smoothie with spinach, banana, Greek yogurt & almond milk	Mediterranean salad with chickpeas, feta cheese & olives	Fish tacos with corn tortillas & salsa
Day 6 Saturday	Whole-grain pancakes with fruit & maple syrup	Tuna salad sandwich on whole-grain bread	Chicken stir-fry with brown rice & vegetables
Day 7 Sunday	Omelet with spinach, tomatoes & cheese	Leftovers from dinner	Baked chicken breast with roasted vegetables (broccoli, carrots, onions)

Week 2: Building Momentum

Day	Breakfast	Lunch	Dinner
Day 8 Monday	Smoothie with berries, spinach & Greek yogurt	Mediterranean salad with chickpeas, feta cheese & olives	Salmon with roasted potatoes & asparagus
Day 9 Tuesday	Scrambled eggs with whole-grain toast & fruit	Leftovers from dinner	Grilled chicken breast with roasted vegetables
Day 10 Wednesday	Whole-grain toast with avocado & poached egg	Lentil soup with crusty bread	Shrimp scampi with pasta & broccoli
Day 11 Thursday	Greek yogurt with berries, nuts & honey	Grilled chicken salad	Baked salmon with roasted vegetables
Day 12 Friday	Oatmeal with fruit & nuts	Hummus & vegetable wrap	Chicken kebabs with quinoa
Day 13 Saturday	Smoothie with spinach, banana & Greek yogurt	Mediterranean salad with chickpeas	Fish tacos with salsa
Day 14 Sunday	Whole-grain pancakes with fruit	Tuna salad sandwich	Chicken stir-fry with brown rice

Weekly Prep Guide

Spend 1-2 hours on Sunday to make your week effortless.

Cook Once, Eat Twice

- **Cook Grains:** Make a large batch of quinoa and brown rice.
- **Prep Proteins:** Hard-boil 4-6 eggs for snacks. Grill or bake extra chicken for lunches.
- **Wash & Chop:** Wash all fruits and vegetables. Chop onions, bell peppers, and carrots for easy cooking.
- **Make Dressings:** Whisk together a large batch of olive oil and lemon juice vinaigrette.
- **Portion Snacks:** Create snack bags of nuts and seeds.

Leftover Strategy

- **Label Containers:** Use clear glass containers and label them with the day/meal.
 - **Plan Leftover Lunches:** When plating dinner, immediately pack next-day lunches.
 - **Repurpose Ingredients:** Use leftover roasted vegetables in scrambles, wraps, or salads.
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Daily Hydration & Wellness Tracker

The Mediterranean lifestyle is about more than just food.

Day	8 Glasses of Water	30 Min. Movement	1 Mindful Meal	Gratitude Moment
1	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How to use this tracker:

- **Water:** Check one box for each 8-oz glass of water
 - **Movement:** A brisk walk, stretching, or any activity you enjoy
 - **Mindful Meal:** Eat one meal without screens, focusing on flavors and hunger cues
 - **Gratitude:** Write down one thing you're thankful for each day
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Essential Tips for Success

Nutrition Guidelines

- Incorporate healthy fats like olive oil, nuts, and seeds daily
- Choose whole grains over refined carbohydrates
- Prioritize fruits and vegetables at every meal
- Limit processed foods and sugary drinks
- Stay hydrated by drinking plenty of water

Shopping Tips

- Shop the perimeter of the grocery store for fresh foods
 - Buy seasonal produce for better flavor and value
 - Keep pantry staples like olive oil, whole grains, and legumes stocked
 - Choose wild-caught fish when possible
 - Opt for organic when buying the "Dirty Dozen" produce
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Remember: Progress Over Perfection

The Mediterranean diet is about adopting a sustainable, healthy lifestyle rather than following strict rules. Listen to your body, adjust portions to your needs, and enjoy the journey toward better health!

*Created by Meghan Stoops, RD • Wellness Specialist
For personalized nutrition advice, consult a registered dietitian.*