

Food Wine and Love

Free 5-Day Mediterranean Meal Plan

A simple, beginner-friendly meal plan with easy recipes, a printable grocery list, and Mediterranean-inspired meals for busy weekdays.

Inside this free printable:

- 5 days of simple meal ideas
- Breakfast, lunch, dinner + snacks
 - Printable grocery list
- Flexible, real-life Mediterranean-inspired meals

This plan is designed to make Mediterranean-inspired eating feel easier, not more complicated.

Why You'll Like This Meal Plan

- Simple, flavorful meals inspired by Mediterranean ingredients and everyday cooking
- A practical mix of breakfast, lunch, dinner, and snack ideas
- Fresh ingredients, wholesome staples, and realistic prep
- Beginner-friendly and flexible, with easy swaps built in
- Includes a printable grocery list to make shopping easier

How to Use This Meal Plan

Use this plan as a flexible guide for the week—swap similar ingredients, repeat favorite meals, or use leftovers to make lunches easier.

Mediterranean-inspired meals often focus on vegetables, beans, whole grains, fruit, olive oil, nuts, seeds, and lean proteins.

The goal is to make healthy eating feel practical and realistic, not rigid.

Your 5-Day Meal Plan

Monday

Breakfast	Fluffy Cottage Cheese Pancakes
Lunch	Easiest Greek Salad in Vinaigrette Dressing
Dinner	Pesto Salmon Sheet Pan Dinner
Snack	Savory Oven Roasted Chickpeas

Tuesday

Breakfast	Vanilla and Almond Granola Recipe
Lunch	White Bean and Kale Salad
Dinner	Greek Chicken Meatballs Recipe
Snack	Oat and Seed Granola Bars

Wednesday

Breakfast	Mediterranean Diet Mini Omelets
Lunch	Zucchini Pasta Salad in Lemon Dijon Dressing
Dinner	Mediterranean Diet Chicken Breast Kabobs
Snack	White Bean Cranberry Hummus

Thursday

Breakfast	Buckwheat and Banana Nut Muffins
Lunch	Mediterranean Sweet Potato Buddha Bowl
Dinner	Mediterranean Diet Grilled Bruschetta Chicken
Snack	Roasted Tomato with White Bean Crostini

Friday

Breakfast	6 Ingredient Granola Bars
Lunch	Celery Salad in Lemon Ginger Dressing
Dinner	Skillet Chicken and Broccoli Dinner
Snack	Favorite Chocolate Covered Frozen Bananas

Tips for a Successful Meal Plan Week

- Prep a few basics ahead of time, such as washed greens, chopped vegetables, cooked grains, or a simple dressing.
- Use leftovers to make lunch easier the next day.
- Keep pantry staples on hand, such as olive oil, oats, rice, beans, nuts, and seeds.
- Swap similar proteins, vegetables, or grains to fit your preferences and schedule.
- Focus on simple, repeatable meals that make healthy eating feel realistic during the week.

5-Day Mediterranean Diet Shopping List

Produce	leafy greens, tomatoes, cucumbers, sweet potatoes, zucchini, herbs, lemons, fresh fruit, and snack vegetables
Protein	chicken, salmon, Greek yogurt, eggs, beans, chickpeas, and hummus
Pantry Staples	olive oil, oats, rice, pasta, nuts, seeds, granola ingredients, and simple seasonings
Extras	vinaigrettes, whole grain bread or wraps, dark chocolate, and flexible add-ins for easy swaps

Tip: Keep this printable flexible. Swap ingredients, repeat favorite meals, and use what you already have on hand to make the week easier.

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You can add recipe links, photos, or a branded cover image later if you want to turn this into a more visual lead magnet.