Mediterranean 7-Day Meal Plan

Seven weeknight dinners with a merged grocery list — olive oil, fish, legumes, vegetables.

Educational meal planning sample — not a medical diet. Swap for allergies. Each dinner targets about 30 minutes of active cooking.

7 DINNERS

DAY	DINNER	TIME
MON	Lemon herb chicken + couscous	~30 min
TUE	Chickpea & vegetable skillet	~25 min
WED	Garlic shrimp + greens	~20 min
THU	Turkey meatballs + tomato salad	~30 min
FRI	Baked cod with olives & tomatoes	~30 min
SAT	Halloumi-style salad bowls	~25 min
SUN	Herb roast chicken tray bake	~35 min

GROCERY LIST

PRODUCE

- Tomatoes
- Cucumber
- Spinach
- Lemons
- Parsley
- Zucchini
- Onion

PANTRY

- Olive oil
- Couscous
- Olives
- Oregano
- Garlic
- Canned tomatoes

PROTEIN

- Chicken thighs
- Cod fillets
- Shrimp
- Ground turkey
- Canned chickpeas

DAIRY

- Feta or halloumi-style cheese
- Plain yogurt

WEEKNIGHT TIPS

- Cook grains once; remix into bowls mid-week.
- Finish plates with lemon, olive oil, and herbs.
- Get a personalized week in the free Recipe Planning app (QR below).

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