

UPGRADED HEALTH

The 30-Day Mediterranean Meal Plan System

*Easy crockpot, sheet-pan and high-protein meals
with weekly grocery lists*

53 RECIPES • 30 DAYS • SERVES TWO

A simpler way to eat well. No rigid rules. No specialty-store scavenger hunt. Just a flexible plan built around vegetables, fruits, beans, whole grains, olive oil, nuts, fish and other satisfying foods.

By Upgraded Health

Before You Begin

This guide provides general nutrition education and meal-planning ideas. It is not medical advice and is not intended to diagnose, treat, cure or prevent any disease. Individual calorie, nutrient and medication needs vary.

- Speak with a qualified healthcare professional before making major dietary changes if you have a medical condition, take medication, are pregnant or breastfeeding, have food allergies, or have a history of disordered eating.
- Check every packaged ingredient for your allergens and dietary requirements. “Gluten-free” substitutions still require certified products and attention to cross-contact.
- Nutrition values vary by brand, portion and substitution. This edition prioritizes flexible portions rather than prescribing a universal calorie target.
- Cook poultry to 165°F and fish to 145°F; refrigerate perishable food promptly and reheat leftovers thoroughly.

How to Use This System

1. Review the coming week and circle any meals you want to swap.
2. Shop from the weekly list, checking your pantry first.
3. Complete the 60-minute prep session.
4. Follow the calendar, using leftovers where shown.
5. Make the gluten-free or protein adjustment only when it fits your needs.
6. At the end of each week, mark the meals you would happily repeat.

Serving note. Recipes are written for two adults unless otherwise noted. To serve four, double ingredients; cooking time usually stays similar, but use two sheet pans when food would be crowded.

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1 • Start Here

Mediterranean-style eating is a pattern rather than one fixed menu. Traditional cuisines vary, but the common foundation is plant-forward: vegetables, fruit, whole grains, beans and lentils, nuts, seeds and olive oil, with fish, seafood, poultry, eggs and dairy used according to preference. The plan also limits reliance on highly processed foods, sugary drinks and processed meats.

The flexible plate

Build the meal	Choose from
About half	Non-starchy vegetables and/or fruit
About one-quarter	Fish, poultry, eggs, yogurt, beans or lentils
About one-quarter	Whole grains or starchy vegetables
Finish	Olive oil, nuts, seeds, avocado, herbs, lemon or yogurt sauce

Your core pantry

Grains: rolled oats, quinoa, brown rice, whole-grain pasta, farro or gluten-free substitutes.

Beans: chickpeas, cannellini beans, lentils and low-sodium canned beans.

Flavor: extra-virgin olive oil, vinegar, Dijon, tahini, olives, lemon, garlic, herbs and spices.

Convenience: low-sodium broth, no-salt-added tomatoes, canned tuna or salmon, frozen vegetables and frozen fruit.

Crunch: walnuts, pistachios, almonds, pumpkin seeds and chia seeds.

Flexible portions

Use hunger, fullness, activity and professional guidance to adjust portions. A simple starting meal for many adults is a palm-size protein or a generous serving of beans, at least two handfuls of vegetables, a cupped-hand portion of cooked grain or potatoes, and a thumb-size portion of added fat. This is a visual planning aid—not a prescription.

2 • The 30-Day Calendar

Week 1 • Mediterranean Made Simple

Day	Breakfast	Lunch	Dinner	Snack	Tiny prep
Day 1	Berry-Walnut Overnight Oats	Tuna-White Bean Lunch Bowls	Greek Chicken and Vegetables	Apple With Almond-Cinnamon Yogurt	Prep vegetables
Day 2	Greek Yogurt Fig Bowls	Chicken Quinoa Power Bowls	Salmon, Tomatoes and Green Beans	Cucumber Hummus Snack Boxes	Make dressing
Day 3	Spinach-Feta Egg Scramble	Leftovers: Salmon, Tomatoes and Green Beans	Skillet Tomato-Spinach Orzo	Orange, Pistachio and Dark Chocolate Plate	Cook a grain
Day 4	Apple-Almond Breakfast Quinoa	Salmon Lentil Salad	Shrimp, Zucchini and Chickpeas	Roasted Paprika Chickpeas	Pack tomorrow's lunch
Day 5	Tomato-Avocado Breakfast Toast	Turkey Mediterranean Pita	White Bean Shakshuka	Berry-Walnut Ricotta Cups	Prep vegetables
Day 6	Cherry-Chia Yogurt Parfait	Leftovers: White Bean Shakshuka	Herb Chicken With Potatoes	Apple With Almond-Cinnamon Yogurt	Make dressing
Day 7	Mediterranean Breakfast Pitas	White Bean Tomato Soup	Roasted Vegetable Chickpea Bowls	Cucumber Hummus Snack Boxes	Cook a grain

Permission to swap. Move meals within the week, repeat a favorite breakfast, or use leftovers. Consistency matters more than following the calendar perfectly.

Week 2 • Slow Cooker Week

Day	Breakfast	Lunch	Dinner	Snack	Tiny prep
Day 8	Berry-Walnut Overnight Oats	Mediterranean Pasta Salad	Slow Cooker Lemon-Oregano Chicken	Orange, Pistachio and Dark Chocolate Plate	Prep vegetables
Day 9	Greek Yogurt Fig Bowls	Lemon Chickpea Cucumber Salad	Slow Cooker Mediterranean Lentil Soup	Roasted Paprika Chickpeas	Make dressing
Day 10	Spinach-Feta Egg Scramble	Leftovers: Slow Cooker Mediterranean Lentil Soup	Chicken-Chickpea Tomato Stew	Berry-Walnut Ricotta Cups	Cook a grain
Day 11	Apple-Almond Breakfast Quinoa	Chicken Quinoa Power Bowls	Turkey Stuffed-Pepper Soup	Apple With Almond-Cinnamon Yogurt	Pack tomorrow's lunch
Day 12	Tomato-Avocado Breakfast Toast	Roasted Vegetable Hummus Wraps	White Bean Vegetable Stew	Cucumber Hummus Snack Boxes	Prep vegetables
Day 13	Cherry-Chia Yogurt Parfait	Leftovers: White Bean Vegetable Stew	Slow Cooker Chicken Cacciatore	Orange, Pistachio and Dark Chocolate Plate	Make dressing
Day 14	Mediterranean Breakfast Pitas	Turkey Mediterranean Pita	Mediterranean Shredded Chicken	Roasted Paprika Chickpeas	Cook a grain

Permission to swap. Move meals within the week, repeat a favorite breakfast, or use leftovers. Consistency matters more than following the calendar perfectly.

Week 3 • High-Protein Focus

Day	Breakfast	Lunch	Dinner	Snack	Tiny prep
Day 15	Berry-Walnut Overnight Oats	White Bean Tomato Soup	Lemon Chicken Couscous Skillet	Berry-Walnut Ricotta Cups	Prep vegetables
Day 16	Greek Yogurt Fig Bowls	Greek Chopped Salad With Chicken	Garlic Shrimp and White Beans	Apple With Almond-Cinnamon Yogurt	Make dressing
Day 17	Spinach-Feta Egg Scramble	Leftovers: Garlic Shrimp and White Beans	Greek Turkey Meatballs in Tomato Sauce	Cucumber Hummus Snack Boxes	Cook a grain
Day 18	Apple-Almond Breakfast Quinoa	Lemon Chickpea Cucumber Salad	Salmon and White Bean Tomato Braise	Orange, Pistachio and Dark Chocolate Plate	Pack tomorrow's lunch
Day 19	Tomato-Avocado Breakfast Toast	Tuna-White Bean Lunch Bowls	Mediterranean Tuna Pasta	Roasted Paprika Chickpeas	Prep vegetables
Day 20	Cherry-Chia Yogurt Parfait	Leftovers: Mediterranean Tuna Pasta	Slow Cooker Eggplant Chickpea Ragout	Berry-Walnut Ricotta Cups	Make dressing
Day 21	Mediterranean Breakfast Pitas	Roasted Vegetable Hummus Wraps	Balsamic Chicken, Peppers and Beans	Apple With Almond-Cinnamon Yogurt	Cook a grain

Permission to swap. Move meals within the week, repeat a favorite breakfast, or use leftovers. Consistency matters more than following the calendar perfectly.

Week 4 • Sheet-Pan Ease

Day	Breakfast	Lunch	Dinner	Snack	Tiny prep
Day 22	Berry-Walnut Overnight Oats	Turkey Mediterranean Pita	Greek Chicken and Vegetables	Cucumber Hummus Snack Boxes	Prep vegetables
Day 23	Greek Yogurt Fig Bowls	Herby Farro Chickpea Bowls	Lemon-Dill Salmon and Asparagus	Orange, Pistachio and Dark Chocolate Plate	Make dressing
Day 24	Spinach-Feta Egg Scramble	Leftovers: Lemon-Dill Salmon and Asparagus	Turkey Meatballs and Broccoli	Roasted Paprika Chickpeas	Cook a grain
Day 25	Apple-Almond Breakfast Quinoa	Greek Chopped Salad With Chicken	Cod With Olives and Tomatoes	Berry-Walnut Ricotta Cups	Pack tomorrow's lunch
Day 26	Tomato-Avocado Breakfast Toast	Mediterranean Pasta Salad	Harissa Cauliflower and Chicken	Apple With Almond-Cinnamon Yogurt	Prep vegetables
Day 27	Cherry-Chia Yogurt Parfait	Leftovers: Harissa Cauliflower and Chicken	Shrimp, Zucchini and Chickpeas	Cucumber Hummus Snack Boxes	Make dressing
Day 28	Mediterranean Breakfast Pitas	Tuna-White Bean Lunch Bowls	Herb Chicken With Potatoes	Orange, Pistachio and Dark Chocolate Plate	Cook a grain

Permission to swap. Move meals within the week, repeat a favorite breakfast, or use leftovers. Consistency matters more than following the calendar perfectly.

Days 29–30 • Keep It Going

Day	Breakfast	Lunch	Dinner	Snack	Tiny prep
Day 29	Greek Yogurt Fig Bowls	Build-your-own bowl: grain + vegetables + protein + sauce	Choose a favorite crockpot dinner	Fruit + nuts	Use freezer or leftovers first
Day 30	Spinach-Feta Egg Scramble	Favorite salad or wrap	Choose a favorite sheet-pan dinner	Greek yogurt + berries	Complete the Keep-Going worksheet

3 • Weekly Grocery Lists

Quantities are practical estimates for two adults following the calendar. Pantry use, appetite, brands and leftovers will change exact needs. Check off what you already own before shopping.

Week 1

Produce

- ☐ berries (3 cups)
- ☐ apples (3)
- ☐ lemons (5)
- ☐ avocados (2)
- ☐ tomatoes (8 medium or 3 pints)
- ☐ cucumbers (4)
- ☐ spinach (10 cups)
- ☐ romaine (1 head)
- ☐ arugula (5 oz)
- ☐ zucchini (4)
- ☐ bell peppers (4)
- ☐ red onions (3)
- ☐ green beans (12 oz)
- ☐ broccoli (1 large head)
- ☐ eggplant (1 small)
- ☐ garlic (2 bulbs)
- ☐ parsley (2 bunches)

Protein & dairy

- ☐ eggs (1 dozen)
- ☐ plain Greek yogurt (32 oz)
- ☐ chicken breast (2 1/2 lb)
- ☐ chicken thighs (1 1/4 lb)
- ☐ salmon fillets (4)
- ☐ shrimp (12 oz)
- ☐ tuna (2 cans)
- ☐ feta (8 oz)
- ☐ ricotta (8 oz)

Grains & bakery

- ☐ rolled oats (2 cups)
- ☐ whole-grain bread (1 loaf)
- ☐ quinoa (2 cups dry)
- ☐ whole-wheat orzo (1 cup)
- ☐ whole-grain wraps (1 pack)

Cans & pantry

- ☐ chickpeas (6 cans)
- ☐ cannellini beans (3 cans)
- ☐ diced tomatoes (2 cans)
- ☐ hummus (12 oz)
- ☐ olives (1 jar)
- ☐ chia seeds
- ☐ walnuts
- ☐ almond butter
- ☐ olive oil
- ☐ Dijon
- ☐ vinegar
- ☐ oregano
- ☐ cumin
- ☐ smoked paprika
- ☐ low-sodium broth (2 cartons)

For a family of four. Double the listed quantities. Buy proteins in larger packages and use two sheet pans so ingredients roast rather than steam.

Week 2

Produce

- ☐ berries (2 cups)
- ☐ apples (2)
- ☐ oranges (2)
- ☐ lemons (5)
- ☐ tomatoes (6 or 2 pints)
- ☐ cucumber (3)
- ☐ spinach (8 cups)
- ☐ kale (1 bunch)
- ☐ bell peppers (7)
- ☐ onions (5)
- ☐ carrots (5)
- ☐ celery (1 bunch)
- ☐ zucchini (2)
- ☐ mushrooms (8 oz)
- ☐ green beans (12 oz)
- ☐ baby potatoes (1 lb)
- ☐ garlic (2 bulbs)
- ☐ parsley and dill

Protein & dairy

- ☐ eggs (8)
- ☐ Greek yogurt (32 oz)
- ☐ chicken breast (3 1/2 lb)
- ☐ chicken thighs (2 1/2 lb)
- ☐ lean ground turkey (1 lb)
- ☐ sliced turkey (6 oz)
- ☐ feta (8 oz)

Grains & bakery

- ☐ oats (2 cups)
- ☐ whole-grain pitas (1 pack)
- ☐ brown rice (1 cup)
- ☐ quinoa (1 cup dry)
- ☐ whole-grain crumbs

Cans & pantry

- ☐ lentils (1 lb)
- ☐ chickpeas (4 cans)
- ☐ cannellini beans (4 cans)
- ☐ tomatoes/crushed tomatoes (6 cans)
- ☐ tomato sauce (24 oz)
- ☐ hummus

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- ☐ olives
- ☐ chia
- ☐ pistachios
- ☐ olive oil
- ☐ broth (4 cartons)
- ☐ oregano
- ☐ cumin
- ☐ paprika
- ☐ rosemary

For a family of four. Double the listed quantities. Buy proteins in larger packages and use two sheet pans so ingredients roast rather than steam.

Week 3

Produce

- ☐ blueberries (2 cups)
- ☐ cherries or seasonal fruit (2 cups)
- ☐ apples (2)
- ☐ lemons (5)
- ☐ tomatoes (8 or 3 pints)
- ☐ cucumbers (4)
- ☐ spinach (10 cups)
- ☐ arugula (5 oz)
- ☐ zucchini (3)
- ☐ bell peppers (3)
- ☐ onion (2)
- ☐ eggplant (1)
- ☐ garlic (2 bulbs)
- ☐ parsley

Protein & dairy

- ☐ eggs (8)
- ☐ Greek yogurt (32 oz)
- ☐ chicken breast (2 lb)
- ☐ shrimp (12 oz)
- ☐ salmon fillets (2)
- ☐ ground turkey (1 lb)
- ☐ tuna (3 cans)
- ☐ feta (8 oz)

Grains & bakery

- ☐ rolled oats
- ☐ quinoa (2 cups dry)
- ☐ whole-wheat couscous
- ☐ whole-grain pasta or chickpea pasta
- ☐ whole-grain bread

Cans & pantry

- ☐ chickpeas (5 cans)
- ☐ cannellini beans (5 cans)
- ☐ lentils (2 cans or 2 cups cooked)
- ☐ tomatoes/crushed tomatoes (5 cans)
- ☐ hummus
- ☐ olives
- ☐ walnuts/pistachios
- ☐ olive oil
- ☐ broth

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- ☐ cumin
- ☐ oregano
- ☐ Italian seasoning

For a family of four. Double the listed quantities. Buy proteins in larger packages and use two sheet pans so ingredients roast rather than steam.

Week 4

Produce

- ☐ berries (3 cups)
- ☐ figs or seasonal fruit
- ☐ apples (2)
- ☐ oranges (2)
- ☐ lemons (6)
- ☐ tomatoes (8 or 3 pints)
- ☐ cucumbers (3)
- ☐ spinach (8 cups)
- ☐ romaine (1 head)
- ☐ zucchini (5)
- ☐ bell peppers (4)
- ☐ red onions (3)
- ☐ broccoli (2 heads)
- ☐ asparagus (1 bunch)
- ☐ cauliflower (1 head)
- ☐ baby potatoes (1 lb)
- ☐ garlic (2 bulbs)
- ☐ parsley and dill

Protein & dairy

- ☐ eggs (1 dozen)
- ☐ Greek yogurt (32 oz)
- ☐ chicken breast/thighs (4 lb total)
- ☐ salmon fillets (2)
- ☐ cod fillets (2)
- ☐ shrimp (24 oz)
- ☐ ground turkey (1 lb)
- ☐ feta (8 oz)
- ☐ ricotta (8 oz)

Grains & bakery

- ☐ rolled oats
- ☐ whole-grain bread
- ☐ quinoa (2 cups dry)
- ☐ whole-grain wraps
- ☐ whole-grain crumbs

Cans & pantry

- ☐ chickpeas (5 cans)
- ☐ cannellini beans (3 cans)
- ☐ hummus
- ☐ olives

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- ☐ harissa
- ☐ chia
- ☐ walnuts
- ☐ pistachios
- ☐ almond butter
- ☐ olive oil
- ☐ balsamic vinegar
- ☐ oregano
- ☐ rosemary
- ☐ garlic powder

For a family of four. Double the listed quantities. Buy proteins in larger packages and use two sheet pans so ingredients roast rather than steam.

4 • 60-Minute Weekly Prep Plans

Week 1

7. Cook 2 cups dry quinoa
8. mix lemon-herb dressing
9. wash and chop salad vegetables
10. roast one tray of mixed vegetables
11. portion two overnight-oat jars
12. boil four eggs
13. label two lunch containers.

Food-safety rhythm. Cool cooked food promptly in shallow containers. Refrigerate what you will eat within 3–4 days and freeze later portions.

Week 2

14. Chop onions, carrots, celery and peppers
15. portion two slow-cooker ingredient kits
16. cook brown rice
17. wash greens
18. make yogurt-herb sauce
19. assemble two breakfast jars
20. portion snack boxes.

Food-safety rhythm. Cool cooked food promptly in shallow containers. Refrigerate what you will eat within 3–4 days and freeze later portions.

Week 3

21. Cook quinoa and couscous
22. prepare shredded chicken if desired
23. mix tahini-lemon sauce
24. wash greens
25. chop cucumbers and tomatoes
26. cook four eggs
27. portion nuts
28. freeze two dinner portions.

Food-safety rhythm. Cool cooked food promptly in shallow containers. Refrigerate what you will eat within 3–4 days and freeze later portions.

Week 4

29. Chop sheet-pan vegetables
30. cook quinoa
31. mix lemon-herb dressing
32. form turkey meatballs
33. wash asparagus and greens
34. prepare breakfast jars
35. portion snack ingredients.

Food-safety rhythm. Cool cooked food promptly in shallow containers. Refrigerate what you will eat within 3–4 days and freeze later portions.

5 • Recipe Collection

Every recipe serves two unless noted. Salt is intentionally left flexible; season to taste within any sodium guidance you have received. Recipe directions use standard U.S. measures.

Breakfast Recipes

Berry-Walnut Overnight Oats

Prep 8 min + chill • Serves 2

Ingredients

- 1 cup rolled oats
- 1 cup milk of choice
- 1/2 cup plain Greek yogurt
- 1 tbsp chia seeds
- 1 cup berries
- 2 tbsp chopped walnuts
- 1/2 tsp cinnamon

Method

36. Stir oats, milk, yogurt, chia and cinnamon in two jars.
37. Chill overnight.
38. Top with berries and walnuts.

Gluten-free

Use certified gluten-free oats.

Protein option

Add 1/2 cup extra Greek yogurt or 2 tbsp hemp hearts.

Storage

Refrigerate up to 3 days.

Greek Yogurt Fig Bowls

5 min • Serves 2

Ingredients

- 1 1/2 cups plain Greek yogurt
- 4 fresh figs or 4 dried figs, sliced
- 2 tbsp pistachios
- 1 tsp honey
- pinch cinnamon

Method

- 39. Divide yogurt between bowls.
- 40. Add figs, pistachios, honey and cinnamon.

Gluten-free	Naturally gluten-free.
Protein option	Choose high-protein Greek yogurt; add 1 tbsp hemp hearts.
Storage	Assemble just before serving.

Spinach-Feta Egg Scramble

12 min • Serves 2

Ingredients

- 4 eggs
- 2 cups baby spinach
- 1/3 cup crumbled feta
- 1 tsp olive oil
- 1 tomato, chopped
- black pepper

Method

41. Warm oil in a skillet.
42. Wilt spinach and tomato 2 minutes.
43. Add beaten eggs and stir until softly set.
44. Fold in feta and pepper.

Gluten-free

Naturally gluten-free.

Protein option

Add 2 egg whites.

Storage

Refrigerate up to 2 days; reheat gently.

Apple-Almond Breakfast Quinoa

15 min • Serves 2

Ingredients

- 2 cups cooked quinoa
- 1 apple, diced
- 1/2 cup milk
- 2 tbsp almond butter
- 1/2 tsp cinnamon
- 1 tbsp raisins

Method

45. Warm quinoa, apple, milk and cinnamon 5 minutes.
46. Divide into bowls; swirl in almond butter and raisins.

Gluten-free

Naturally gluten-free; verify quinoa packaging.

Protein option

Stir in unflavored protein powder after removing from heat.

Storage

Refrigerate up to 3 days.

Tomato-Avocado Breakfast Toast

8 min • Serves 2

Ingredients

- 2 slices whole-grain bread
- 1 avocado
- 1 tomato, sliced
- 2 eggs, cooked as desired
- lemon wedge
- pepper

Method

47. Toast bread.
48. Mash avocado with lemon.
49. Top each slice with tomato and an egg; season with pepper.

Gluten-free

Use certified gluten-free bread.

Protein option

Add another egg or serve with Greek yogurt.

Storage

Best served immediately.

Cherry-Chia Yogurt Parfait

5 min • Serves 2

Ingredients

- 1 1/2 cups plain Greek yogurt
- 1 cup pitted cherries
- 2 tbsp chia seeds
- 1/3 cup low-sugar whole-grain cereal
- 1 tbsp sliced almonds

Method

50. Layer yogurt, cherries, chia and cereal in two glasses.
51. Finish with almonds.

Gluten-free

Use certified gluten-free cereal.

Protein option

Use strained Greek yogurt or add hemp hearts.

Storage

Refrigerate without cereal up to 2 days.

Mediterranean Breakfast Pitas

15 min • Serves 2

Ingredients

- 2 whole-grain pitas
- 4 eggs
- 1 cup spinach
- 1/2 cup diced cucumber
- 1/4 cup feta
- 2 tbsp hummus

Method

52. Scramble eggs with spinach.
53. Warm pitas, spread with hummus, and fill with eggs, cucumber and feta.

Gluten-free

Use gluten-free wraps.

Protein option

Add 1/2 cup white beans to the scramble.

Storage

Refrigerate filling up to 2 days; assemble fresh.

Blueberry-Lemon Oatmeal

10 min • Serves 2

Ingredients

- 1 cup rolled oats
- 2 cups milk or water
- 1 cup blueberries
- zest of 1/2 lemon
- 2 tbsp pumpkin seeds
- 1 tsp honey optional

Method

54. Simmer oats and liquid 5 minutes.
55. Stir in blueberries and zest.
56. Divide and top with pumpkin seeds and honey.

Gluten-free

Use certified gluten-free oats.

Protein option

Stir in Greek yogurt after cooking.

Storage

Refrigerate up to 3 days.

Lunch Recipes

Lemon Chickpea Cucumber Salad

12 min • Serves 2

Ingredients

- 1 can chickpeas, rinsed
- 1 cucumber, chopped
- 1 cup cherry tomatoes
- 1/4 red onion, diced
- 1/3 cup parsley
- 2 tbsp olive oil
- juice of 1 lemon
- 1/4 cup feta

Method

57. Toss all ingredients together.
58. Season with pepper and a small pinch of salt.

Gluten-free

Naturally gluten-free.

Protein option

Add 1 can tuna or 2 chopped eggs.

Storage

Refrigerate up to 3 days.

Tuna-White Bean Lunch Bowls

10 min • Serves 2

Ingredients

- 1 can tuna, drained
- 1 can cannellini beans, rinsed
- 2 cups arugula
- 1 cup tomatoes
- 1/2 cucumber
- 2 tbsp olive oil
- 1 tbsp red wine vinegar

Method

59. Divide greens, vegetables, beans and tuna between bowls.
60. Drizzle with oil and vinegar.

Gluten-free

Naturally gluten-free.

Protein option

Use a larger tuna can or add a boiled egg.

Storage

Refrigerate components up to 2 days.

Chicken Quinoa Power Bowls

15 min • Serves 2

Ingredients

- 2 cups cooked quinoa
- 2 cups cooked chicken, sliced
- 2 cups chopped romaine
- 1 cup tomatoes
- 1/2 cucumber
- 1/4 cup olives
- 1/4 cup yogurt-herb sauce

Method

61. Divide quinoa, chicken and vegetables between bowls.
62. Spoon over sauce.

Gluten-free

Naturally gluten-free; verify sauce.

Protein option

Already high protein; add chickpeas if desired.

Storage

Refrigerate up to 3 days.

Roasted Vegetable Hummus Wraps

10 min • Serves 2

Ingredients

- 2 whole-grain wraps
- 1/2 cup hummus
- 2 cups leftover roasted vegetables
- 2 cups spinach
- 1/4 cup feta

Method

63. Spread wraps with hummus.
64. Layer vegetables, spinach and feta; roll tightly.

Gluten-free

Use gluten-free wraps.

Protein option

Add 1 cup sliced chicken or 1 cup chickpeas.

Storage

Wrap and refrigerate up to 24 hours.

Salmon Lentil Salad

12 min • Serves 2

Ingredients

- 1 pouch or can salmon
- 1 1/2 cups cooked lentils
- 2 cups arugula
- 1/2 cucumber
- 1 cup tomatoes
- 2 tbsp lemon dressing

Method

65. Divide lentils, greens and vegetables between plates.
66. Flake salmon over top and dress.

Gluten-free

Naturally gluten-free.

Protein option

Already high protein.

Storage

Refrigerate up to 2 days.

Turkey Mediterranean Pita

10 min • Serves 2

Ingredients

- 2 whole-grain pitas
- 6 oz sliced turkey
- 1/3 cup hummus
- 1 cup spinach
- 1 tomato
- 1/2 cucumber
- 2 tbsp feta

Method

67. Spread pitas with hummus; fill with turkey, vegetables and feta.

Gluten-free

Use gluten-free wraps or lettuce cups.

Protein option

Add extra turkey or a side of Greek yogurt.

Storage

Assemble up to 1 day ahead.

Herby Farro Chickpea Bowls

15 min • Serves 2

Ingredients

- 2 cups cooked farro
- 1 can chickpeas, rinsed
- 1 cup chopped cucumber
- 1 cup tomato
- 1/3 cup parsley
- 2 tbsp lemon dressing

Method

68. Toss farro, chickpeas, vegetables, parsley and dressing.
69. Divide between bowls.

Gluten-free

Replace farro with quinoa.

Protein option

Add chicken, tuna or feta.

Storage

Refrigerate up to 4 days.

White Bean Tomato Soup

25 min • Serves 2

Ingredients

- 1 tbsp olive oil
- 1/2 onion, diced
- 2 garlic cloves
- 1 can diced tomatoes
- 1 can cannellini beans
- 2 cups low-sodium broth
- 2 cups spinach
- 1 tsp oregano

Method

70. Sauté onion 5 minutes; add garlic 30 seconds.
71. Add tomatoes, beans, broth and oregano; simmer 12 minutes.
72. Stir in spinach.

Gluten-free

Naturally gluten-free; verify broth.

Protein option

Add shredded chicken.

Storage

Refrigerate 4 days or freeze 2 months.

Greek Chopped Salad With Chicken

15 min • Serves 2

Ingredients

- 3 cups romaine
- 2 cups cooked chicken
- 1 cucumber
- 1 cup tomatoes
- 1/4 red onion
- 1/4 cup olives
- 1/3 cup feta
- 3 tbsp lemon dressing

Method

73. Chop ingredients evenly, toss with dressing and divide between bowls.

Gluten-free

Naturally gluten-free.

Protein option

Already high protein.

Storage

Refrigerate undressed components up to 3 days.

Mediterranean Pasta Salad

20 min • Serves 2

Ingredients

- 6 oz whole-grain pasta
- 1 can chickpeas
- 1 cup tomatoes
- 1 cucumber
- 1/3 cup olives
- 1/3 cup feta
- 3 tbsp lemon dressing
- parsley

Method

74. Cook pasta; rinse cool.
75. Toss with remaining ingredients and dressing.

Gluten-free

Use chickpea or gluten-free pasta.

Protein option

Use chickpea pasta and add tuna.

Storage

Refrigerate up to 4 days.

Crockpot Recipes

Slow Cooker Lemon-Oregano Chicken

Prep 15 min • Cook 4–6 hr • Serves 2

Ingredients

- 1 lb boneless chicken thighs
- 1 lb baby potatoes, halved
- 2 cups green beans
- 3 garlic cloves
- 1 lemon, sliced
- 1 tsp oregano
- 1 tbsp olive oil
- 1/2 cup low-sodium broth

Method

76. Place potatoes in cooker, then chicken.
77. Add garlic, lemon, oregano, oil and broth.
78. Cook LOW 5–6 hours or HIGH 3–4.
79. Add green beans for final 35 minutes.
80. Chicken should reach 165°F.

Gluten-free

Naturally gluten-free; verify broth.

Protein option

Increase chicken to 1 1/2 lb and save leftovers.

Storage

Refrigerate 4 days.

Slow Cooker Mediterranean Lentil Soup

Prep 15 min • Cook 6–8 hr • Serves 2

Ingredients

- 1 1/2 cups brown lentils, rinsed
- 1 onion
- 2 carrots
- 2 celery stalks
- 1 can diced tomatoes
- 6 cups low-sodium broth
- 1 tsp cumin
- 1 tsp oregano
- 3 cups spinach
- lemon

Method

81. Add everything except spinach and lemon.
82. Cook LOW 7–8 hours or HIGH 4 hours.
83. Stir in spinach and lemon before serving.

Gluten-free

Naturally gluten-free; verify broth.

Protein option

Top with Greek yogurt or serve with chicken.

Storage

Refrigerate 5 days or freeze 3 months.

Chicken-Chickpea Tomato Stew

Prep 15 min • Cook 5–7 hr • Serves 2

Ingredients

- 1 lb chicken breast
- 1 can chickpeas
- 1 can crushed tomatoes
- 1 bell pepper
- 1 onion
- 2 garlic cloves
- 1 tsp smoked paprika
- 1/2 tsp cumin
- 1/2 cup broth

Method

- 84. Combine ingredients.
- 85. Cook LOW 6 hours or HIGH 3–4.
- 86. Shred chicken and stir.

Gluten-free	Naturally gluten-free; verify broth.
Protein option	Already high protein.
Storage	Refrigerate 4 days or freeze 2 months.

Turkey Stuffed-Pepper Soup

Prep 18 min • Cook 5–7 hr • Serves 2

Ingredients

- 1 lb lean ground turkey, browned
- 3 bell peppers, chopped
- 1 onion
- 1 can tomatoes
- 4 cups broth
- 1/2 cup brown rice
- 1 tsp oregano
- 2 cups spinach

Method

87. Add all except spinach.
88. Cook LOW 6–7 hours or HIGH 3–4, until rice is tender.
89. Stir in spinach.

Gluten-free

Naturally gluten-free; verify broth.

Protein option

Already high protein.

Storage

Refrigerate 4 days.

White Bean Vegetable Stew

Prep 15 min • Cook 6–8 hr • Serves 2

Ingredients

- 2 cans cannellini beans
- 1 zucchini
- 2 carrots
- 2 celery stalks
- 1 onion
- 1 can tomatoes
- 4 cups broth
- 1 tsp rosemary
- 3 cups kale

Method

- 90. Combine all except kale.
- 91. Cook LOW 7 hours or HIGH 4.
- 92. Stir in kale for final 15 minutes.

Gluten-free	Naturally gluten-free; verify broth.
Protein option	Add chicken sausage or serve with Greek yogurt.
Storage	Refrigerate 5 days or freeze 3 months.

Slow Cooker Chicken Cacciatore

Prep 15 min • Cook 5–7 hr • Serves 2

Ingredients

- 1 1/4 lb chicken thighs
- 1 bell pepper
- 8 oz mushrooms
- 1 onion
- 1 can crushed tomatoes
- 2 garlic cloves
- 1 tsp oregano
- 1/4 cup olives

Method

93. Layer ingredients and cook LOW 6 hours or HIGH 3–4, until chicken reaches 165°F.

Gluten-free	Naturally gluten-free.
Protein option	Already high protein.
Storage	Refrigerate 4 days.

Mediterranean Shredded Chicken

Prep 10 min • Cook 4–6 hr • Serves 2

Ingredients

- 1 1/2 lb chicken breast
- 1 cup tomatoes
- 1/2 cup broth
- 3 garlic cloves
- juice of 1 lemon
- 1 tsp oregano
- 1/2 tsp paprika

Method

- 94. Cook LOW 5–6 hours or HIGH 3 hours.
- 95. Shred in cooking liquid.
- 96. Use in bowls, wraps and salads.

Gluten-free	Naturally gluten-free; verify broth.
Protein option	Designed as a protein-prep recipe.
Storage	Refrigerate 4 days or freeze 2 months.

Greek Turkey Meatballs in Tomato Sauce

Prep 25 min • Cook 4–6 hr • Serves 2

Ingredients

- 1 lb ground turkey
- 1 egg
- 1/3 cup whole-grain crumbs
- 2 tbsp parsley
- 1 tsp oregano
- 1/4 cup feta
- 24 oz low-sodium tomato sauce

Method

97. Mix turkey, egg, crumbs, parsley, oregano and feta.
98. Form 16 meatballs; place in cooker with sauce.
99. Cook LOW 5 hours or HIGH 3, until 165°F.

Gluten-free

Use gluten-free crumbs.

Protein option

Serve with white beans or chickpea pasta.

Storage

Refrigerate 4 days or freeze 2 months.

Salmon and White Bean Tomato Braise

Prep 12 min • Cook 2–3 hr • Serves 2

Ingredients

- 2 salmon fillets
- 1 can cannellini beans
- 1 can diced tomatoes
- 1 zucchini
- 2 garlic cloves
- 1 tbsp olive oil
- 1 tsp oregano

Method

100. Cook beans, tomatoes, zucchini, garlic, oil and oregano on HIGH 1 1/2 hours.
101. Add salmon and cook 30–45 minutes, until it flakes and reaches 145°F.

Gluten-free	Naturally gluten-free.
Protein option	Already high protein.
Storage	Best within 2 days.

Slow Cooker Eggplant Chickpea Ragout

Prep 15 min • Cook 5–7 hr • Serves 2

Ingredients

- 1 eggplant, cubed
- 1 can chickpeas
- 1 can crushed tomatoes
- 1 onion
- 1 bell pepper
- 2 garlic cloves
- 1 tsp oregano
- 1 tbsp olive oil

Method

102. Combine and cook LOW 6 hours or HIGH 3–4.
103. Stir and season to taste.

Gluten-free

Naturally gluten-free.

Protein option

Top with Greek yogurt or add chicken.

Storage

Refrigerate 5 days or freeze 2 months.

Sheet-pan Recipes

Greek Chicken and Vegetables

Prep 15 min • Roast 25 min • Serves 2

Ingredients

- 1 lb chicken breast, cubed
- 1 zucchini
- 1 bell pepper
- 1 red onion
- 1 cup tomatoes
- 2 tbsp olive oil
- 1 tsp oregano
- 1 lemon

Method

104. Heat oven to 425°F.
105. Toss everything except lemon on a pan.
106. Roast 22–25 minutes, until chicken reaches 165°F.
107. Finish with lemon.

Gluten-free

Naturally gluten-free.

Protein option

Already high protein.

Storage

Refrigerate 4 days.

Salmon, Tomatoes and Green Beans

Prep 10 min • Roast 18 min • Serves 2

Ingredients

- 2 salmon fillets
- 3 cups green beans
- 2 cups cherry tomatoes
- 1 tbsp olive oil
- 1 tsp Dijon
- 1 lemon
- pepper

Method

108. Heat oven to 425°F.
109. Toss vegetables with half the oil; roast 8 minutes.
110. Add salmon brushed with remaining oil and Dijon; roast 10–12 minutes to 145°F.

Gluten-free	Naturally gluten-free; verify Dijon.
Protein option	Already high protein.
Storage	Refrigerate up to 2 days.

Shrimp, Zucchini and Chickpeas

Prep 12 min • Roast 18 min • Serves 2

Ingredients

- 12 oz peeled shrimp
- 1 can chickpeas
- 2 zucchini
- 1 bell pepper
- 2 tbsp olive oil
- 1 tsp paprika
- 1 lemon

Method

111. Heat oven to 425°F.
112. Roast chickpeas and vegetables with oil and paprika 10 minutes.
113. Add shrimp; roast 6–8 minutes until opaque.
114. Finish with lemon.

Gluten-free

Naturally gluten-free.

Protein option

Already high protein.

Storage

Refrigerate up to 2 days.

Herb Chicken With Potatoes

Prep 15 min • Roast 35 min • Serves 2

Ingredients

- 1 1/4 lb chicken thighs
- 1 lb baby potatoes, quartered
- 2 cups broccoli
- 2 tbsp olive oil
- 1 tsp rosemary
- 1 tsp garlic powder

Method

115. Heat oven to 425°F.
116. Roast chicken and potatoes 20 minutes.
117. Add broccoli; roast 15 minutes more, until chicken reaches 165°F.

Gluten-free	Naturally gluten-free.
Protein option	Already high protein.
Storage	Refrigerate 4 days.

Cod With Olives and Tomatoes

Prep 10 min • Roast 15 min • Serves 2

Ingredients

- 2 cod fillets
- 2 cups tomatoes
- 1/3 cup olives
- 1 tbsp olive oil
- 2 garlic cloves
- 1 tsp oregano
- lemon

Method

118. Heat oven to 425°F.

119. Arrange ingredients on pan and roast 12–15 minutes, until cod flakes and reaches 145°F.

Gluten-free

Naturally gluten-free.

Protein option

Serve with white beans.

Storage

Refrigerate up to 2 days.

Roasted Vegetable Chickpea Bowls

Prep 15 min • Roast 25 min • Serves 2

Ingredients

- 1 can chickpeas
- 1 zucchini
- 1 bell pepper
- 1 small eggplant
- 1 red onion
- 2 tbsp olive oil
- 1 tsp cumin
- 2 cups cooked quinoa
- 1/4 cup tahini sauce

Method

120. Heat oven to 425°F.
121. Roast chickpeas and vegetables with oil and cumin 22–25 minutes.
122. Serve over quinoa with sauce.

Gluten-free

Naturally gluten-free.

Protein option

Add chicken, salmon or Greek yogurt.

Storage

Refrigerate 4 days.

Turkey Meatballs and Broccoli

Prep 20 min • Roast 22 min • Serves 2

Ingredients

- 1 lb ground turkey
- 1 egg
- 1/3 cup crumbs
- 1 tsp oregano
- 1/4 cup feta
- 4 cups broccoli
- 1 tbsp olive oil

Method

123. Heat oven to 425°F.
124. Mix turkey, egg, crumbs, oregano and feta; form 16 meatballs.
125. Add broccoli tossed with oil.
126. Roast 18–22 minutes until meatballs reach 165°F.

Gluten-free

Use gluten-free crumbs.

Protein option

Already high protein.

Storage

Refrigerate 4 days.

Balsamic Chicken, Peppers and Beans

Prep 12 min • Roast 25 min • Serves 2

Ingredients

- 1 lb chicken breast, cubed
- 2 bell peppers
- 1 red onion
- 1 can cannellini beans
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Italian seasoning

Method

127. Heat oven to 425°F.

128. Toss all ingredients and roast 22–25 minutes, until chicken reaches 165°F.

Gluten-free

Naturally gluten-free; verify vinegar.

Protein option

Already high protein.

Storage

Refrigerate 4 days.

Lemon-Dill Salmon and Asparagus

Prep 10 min • Roast 15 min • Serves 2

Ingredients

- 2 salmon fillets
- 1 bunch asparagus
- 1 tbsp olive oil
- 1 lemon
- 2 tbsp chopped dill
- pepper

Method

129. Heat oven to 425°F.

130. Arrange salmon and asparagus, drizzle with oil and lemon, add dill and pepper.

131. Roast 12–15 minutes to 145°F.

Gluten-free

Naturally gluten-free.

Protein option

Already high protein.

Storage

Refrigerate up to 2 days.

Harissa Cauliflower and Chicken

Prep 15 min • Roast 30 min • Serves 2

Ingredients

- 1 lb chicken thighs
- 1 head cauliflower, florets
- 1 can chickpeas
- 2 tbsp olive oil
- 1–2 tbsp mild harissa
- 1/2 cup plain Greek yogurt

Method

132. Heat oven to 425°F.
133. Toss chicken, cauliflower and chickpeas with oil and harissa.
134. Roast 25–30 minutes until chicken reaches 165°F.
135. Serve with yogurt.

Gluten-free

Naturally gluten-free; verify harissa.

Protein option

Already high protein.

Storage

Refrigerate 4 days.

Quick dinner Recipes

Skillet Tomato-Spinach Orzo

25 min • Serves 2

Ingredients

- 1 tbsp olive oil
- 2 garlic cloves
- 1 cup whole-wheat orzo
- 2 cups low-sodium broth
- 1 can diced tomatoes
- 1 can chickpeas
- 3 cups spinach
- 1/3 cup feta

Method

136. Sauté garlic in oil 30 seconds.

137. Add orzo, broth, tomatoes and chickpeas; simmer covered 12–14 minutes.

138. Stir in spinach and feta.

Gluten-free

Use gluten-free orzo or rice; adjust liquid and cooking time.

Protein option

Add chicken or shrimp.

Storage

Refrigerate 4 days.

Mediterranean Tuna Pasta

20 min • Serves 2

Ingredients

- 6 oz whole-grain pasta
- 1 can tuna
- 1 cup tomatoes
- 2 cups spinach
- 1/4 cup olives
- 1 tbsp olive oil
- lemon

Method

139. Cook pasta.

140. Toss hot pasta with tuna, tomatoes, spinach, olives, oil and lemon until spinach wilts.

Gluten-free

Use chickpea or gluten-free pasta.

Protein option

Use chickpea pasta or add white beans.

Storage

Refrigerate 3 days.

White Bean Shakshuka

25 min • Serves 2

Ingredients

- 1 tbsp olive oil
- 1/2 onion
- 1 bell pepper
- 1 can crushed tomatoes
- 1 can white beans
- 1 tsp cumin
- 4 eggs
- parsley

Method

141. Sauté onion and pepper 6 minutes.
142. Add tomatoes, beans and cumin; simmer 8 minutes.
143. Make four wells, add eggs, cover and cook until set as desired.

Gluten-free

Naturally gluten-free.

Protein option

Already protein-forward.

Storage

Refrigerate sauce 4 days; cook eggs fresh when possible.

Lemon Chicken Couscous Skillet

25 min • Serves 2

Ingredients

- 1 lb chicken breast, cubed
- 1 tbsp olive oil
- 1 cup whole-wheat couscous
- 1 1/4 cups broth
- 1 zucchini
- 1 cup tomatoes
- 1 lemon
- parsley

Method

144. Brown chicken in oil 6–8 minutes to 165°F.
145. Add zucchini 3 minutes.
146. Stir in couscous and hot broth; cover off heat 5 minutes.
147. Add tomatoes, lemon and parsley.

Gluten-free

Use quinoa in place of couscous.

Protein option

Already high protein.

Storage

Refrigerate 4 days.

Garlic Shrimp and White Beans

18 min • Serves 2

Ingredients

- 12 oz shrimp
- 1 can cannellini beans
- 2 cups tomatoes
- 3 garlic cloves
- 1 tbsp olive oil
- 3 cups spinach
- lemon

Method

148. Sauté garlic in oil 30 seconds.

149. Add shrimp 2 minutes per side.

150. Stir in beans and tomatoes 3 minutes, then spinach and lemon.

Gluten-free

Naturally gluten-free.

Protein option

Already high protein.

Storage

Refrigerate up to 2 days.

Snack Recipes

Apple With Almond-Cinnamon Yogurt

5 min • Serves 2

Ingredients

- 1 apple, sliced
- 1/2 cup Greek yogurt
- 1 tbsp almond butter
- cinnamon

Method

151. Stir yogurt, almond butter and cinnamon.
152. Serve with apple slices.

Gluten-free

Naturally gluten-free.

Protein option

Use 3/4 cup Greek yogurt.

Storage

Refrigerate dip 2 days.

Cucumber Hummus Snack Boxes

8 min • Serves 2

Ingredients

- 1 cucumber
- 1 bell pepper
- 1/2 cup hummus
- 1/4 cup olives
- 2 boiled eggs

Method

153. Divide vegetables, hummus, olives and eggs between two containers.

Gluten-free	Naturally gluten-free; verify hummus.
Protein option	Add an extra egg.
Storage	Refrigerate 3 days.

Orange, Pistachio and Dark Chocolate Plate

5 min • Serves 2

Ingredients

- 2 oranges
- 1/4 cup pistachios
- 1 oz dark chocolate

Method

154. Peel oranges and divide all ingredients between two plates.

Gluten-free

Naturally gluten-free; verify chocolate.

Protein option

Add Greek yogurt.

Storage

Portion nuts and chocolate ahead; cut fruit fresh.

Roasted Paprika Chickpeas

Prep 5 min • Roast 25 min • Serves 2

Ingredients

- 1 can chickpeas, rinsed and dried
- 1 tsp olive oil
- 1/2 tsp smoked paprika
- pinch garlic powder

Method

155. Heat oven to 400°F.

156. Toss ingredients and roast 22–28 minutes, stirring once, until crisp.

Gluten-free

Naturally gluten-free.

Protein option

Pair with Greek yogurt dip.

Storage

Store loosely covered 2 days.

Berry-Walnut Ricotta Cups

5 min • Serves 2

Ingredients

- 1 cup part-skim ricotta
- 1 cup berries
- 2 tbsp walnuts
- cinnamon

Method

157. Divide ricotta into two cups; top with berries, walnuts and cinnamon.

Gluten-free

Naturally gluten-free.

Protein option

Already protein-forward.

Storage

Refrigerate up to 2 days.

Sauce Recipes

Everyday Lemon-Herb Dressing

5 min • Serves 2

Ingredients

- 1/4 cup olive oil
- 3 tbsp lemon juice
- 1 tsp Dijon
- 1 garlic clove, grated
- 2 tbsp parsley
- pepper

Method

158. Whisk or shake all ingredients until combined.

Gluten-free

Naturally gluten-free; verify Dijon.

Protein option

Not applicable.

Storage

Refrigerate 5 days; shake before using.

Creamy Yogurt-Herb Sauce

5 min • Serves 2

Ingredients

- 1 cup plain Greek yogurt
- 2 tbsp lemon juice
- 2 tbsp dill or parsley
- 1 garlic clove
- 1 tbsp olive oil
- pepper

Method

159. Stir all ingredients together.
160. Thin with water if needed.

Gluten-free

Naturally gluten-free.

Protein option

Use strained Greek yogurt.

Storage

Refrigerate 4 days.

Quick Tahini-Lemon Sauce

5 min • Serves 2

Ingredients

- 1/3 cup tahini
- 3 tbsp lemon juice
- 1 garlic clove
- 3–5 tbsp warm water
- pinch cumin

Method

161. Whisk tahini, lemon, garlic and cumin.
162. Add warm water gradually until pourable.

Gluten-free	Naturally gluten-free.
Protein option	Not applicable.
Storage	Refrigerate 5 days.

Tomato-Olive Relish

8 min • Serves 2

Ingredients

- 1 cup chopped tomatoes
- 1/4 cup chopped olives
- 2 tbsp parsley
- 1 tbsp olive oil
- 1 tbsp red wine vinegar

Method

163. Stir ingredients together and rest 10 minutes before serving.

Gluten-free	Naturally gluten-free.
Protein option	Not applicable.
Storage	Refrigerate 2 days.

Basil-Walnut Pesto

8 min • Serves 2

Ingredients

- 2 cups basil
- 1/3 cup walnuts
- 1 garlic clove
- 1/3 cup olive oil
- 1/4 cup Parmesan
- lemon squeeze

Method

164. Pulse basil, walnuts and garlic.
165. Stream in oil; pulse in Parmesan and lemon.

Gluten-free	Naturally gluten-free.
Protein option	Stir into Greek yogurt for a protein-forward sauce.
Storage	Refrigerate 4 days or freeze 2 months.

6 • Easy Adjustments

Gluten-free swaps

Instead of	Use
Whole-grain bread, pita or wraps	Certified gluten-free bread/wraps or lettuce cups
Farro or couscous	Quinoa, brown rice or certified gluten-free grain
Whole-wheat pasta or orzo	Chickpea, lentil or certified gluten-free pasta
Regular breadcrumbs	Certified gluten-free crumbs or ground oats
Regular oats	Certified gluten-free oats
Sauces and broth	Read labels; use certified products when required

Higher-protein choices

- Add 2–3 ounces cooked chicken, fish, shrimp or turkey to a plant-based meal.
- Add 1/2–1 cup beans or lentils to soup, salad, pasta or grain bowls.
- Choose plain Greek yogurt and cottage cheese when dairy fits your needs.
- Add an egg or two egg whites to breakfasts.
- Use chickpea or lentil pasta in place of wheat pasta.
- Spread protein across the day rather than relying on one large dinner.

Budget and family adjustments

- Use frozen vegetables and fruit when fresh produce is expensive.
- Swap salmon or cod for canned salmon, tuna, sardines, chicken or beans.
- Let children assemble their own bowls from familiar ingredients.
- Serve sauces and olives on the side for selective eaters.
- Repeat breakfasts and lunches to reduce cost and food waste.

7 • Restaurant and Travel Guide

Use the same pattern away from home: choose vegetables or fruit, a satisfying protein, a whole grain or potato when available, and a simple source of unsaturated fat. One meal never determines the quality of your overall pattern.

Where	Look for	Easy adjustment
Mediterranean/ Greek	grilled fish or chicken, bean salad, chopped salad, hummus, lentil soup	Ask for dressing on the side; choose grilled rather than fried
Italian	minestrone, grilled seafood, tomato-based pasta, salad, vegetables	Share rich appetizers; add vegetables or beans
Mexican	bean bowl, grilled chicken or fish tacos, fajita vegetables, salsa, avocado	Choose corn tortillas if gluten-free; ask for extra vegetables
Asian	vegetable-forward stir-fry, steamed fish, tofu, brown rice	Request sauce on the side if sodium is a concern
American	grilled salmon or chicken, salad, roasted vegetables, baked potato	Choose two vegetable sides; swap creamy sauces for lemon or vinaigrette
Breakfast	vegetable omelet, oatmeal, fruit, yogurt	Add fruit or vegetables; choose whole-grain toast when available
Fast casual	grain-and-greens bowl with beans or chicken, vegetables and hummus	Use one sauce; add nuts, avocado or olive-oil dressing

A simple ordering script

Try this: “I’ll have the grilled fish with vegetables. Could I get the sauce on the side and swap the fries for a salad or baked potato?”

Travel kit

- Single-serve nuts or seeds
- Whole fruit
- Low-sugar oatmeal cups
- Tuna or salmon pouches where appropriate
- Whole-grain or gluten-free crackers
- Refillable water bottle

8 • Keep-Going Worksheets

Build Your Own Week

Day	Breakfast	Lunch	Dinner	Prep/leftovers
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

My Repeat List

Five favorite breakfasts

Five favorite lunches

Seven favorite dinners

Three favorite snacks

Two favorite sauces

Weekly Reflection

Which meals made the week easier?

Which ingredients went unused?

Where did I need more food or less food?

What will I prepare ahead next week?

What is one flexible habit I can repeat?

Sources and Further Reading

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About Upgraded Health

Upgraded Health creates practical nutrition and wellness resources designed to make healthy routines easier to understand and follow. Visit upgradedhealth.net for more recipes and educational guides.

You finished the plan. Keep the meals that worked, release the ones that did not, and build your next week from your Repeat List. A useful eating pattern should fit real life.