



Mediterranean Diet Superfoods 7-Day Meal Plan

Welcome to your 7-day Mediterranean diet meal plan! This plan is packed with powerful superfoods known to support longevity, heart health, and overall well-being. Every meal is inspired by the principles of the Mediterranean lifestyle-simple, delicious, and nourishing.

Day 1

Breakfast: [Greek Yogurt With Berries](#)
Lunch: [Chickpea and Vegetable Stir-Fry](#)
Dinner: [Grilled Salmon With Quinoa And Broccoli](#)
Snack: A handful of almonds

Day 2

Breakfast: [The Ultimate Mediterranean Avocado Toast Recipe You'll Want Every Morning!](#)
Lunch: [Moroccan Harira Lentil, Chickpea and Tomato Soup](#)
Dinner: [Creamy Spinach Soup Recipe](#)
Snack: Cucumber slices with hummus

Day 3

Breakfast: [Almond Cake](#)
Lunch: [The Ultimate Mediterranean Salad – Quick, Delicious & Packed with Goodness](#)
Dinner: [Grilled salmon with roasted sweet potatoes and steamed asparagus](#)
Snack: Fresh figs and walnuts

Day 4

Breakfast: [Smoked Salmon and Poached Eggs on Toast](#)
Lunch: [Canellini Bean Salad](#)



Dinner: [Easy & Delicious Zucchini Boats Recipe](#)

Snack: A small piece of dark chocolate and hazelnuts

Day 5

Breakfast: [Almond Banana Pancakes](#)

Lunch: [Easy Quinoa Salad Recipe: Light & Refreshing](#)

Dinner: [Turmeric and Ginger Salmon](#)

Snack: Apple slices with tahini

Day 6

Breakfast: [Spinach, Bacon Cheese Scramble](#)

Lunch: [Easy Shakshuka Recipe](#)

Dinner: [Easy And Delicious Greek meatloaf with feta and spinach](#)

Snack: Roasted chickpeas with paprika

Day 7

Breakfast: [Easy Spinach & Mushroom Frittata](#)

Lunch: [Avocado Boats](#)

Dinner: [Zucchini Pizza](#)

Snack: Berry bowl with crushed pistachios

Following a Mediterranean-style diet filled with nutrient-dense superfoods is one of the most effective strategies for living a longer and healthier life. Remember to eat mindfully, enjoy your meals, and stay active.

With love and health,

Katey Lyon

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