Mediterranean Diet Plan

Name	Date
Karla Song	June 8, 2023
Gender	**Age**
F	31
Weight	**Height**
170lbs	5'2"

Goals

Achieve and maintain a healthy weight
Improve overall energy levels

Medical history

Family history of heart disease
Slightly overweight
No known food allergies

General guidelines

• Emphasize whole, minimally processed foods.
• Increase plant-based foods.
• Choose healthy fats, like olive oil and nuts.
• Limit red meat and processed foods.
• Engage in regular physical activity (e.g., 30 minutes of brisk walking most days).

Meal planning

Breakfast:
• Option 1: Greek yogurt with fresh berries, honey, and a sprinkle of almonds.
• Option 2: Oatmeal topped with sliced banana, walnuts, and a drizzle of honey.
• Option 3: Scrambled eggs with spinach, tomatoes, and feta cheese.

Lunch:
• Option 1: Mediterranean salad with mixed greens, cucumbers, tomatoes, olives, feta cheese, and grilled chicken, dressed with olive oil and lemon juice.
• Option 2: Whole-grain pita stuffed with hummus, roasted vegetables, and a side of Greek salad.
• Option 3: Lentil soup with a side of whole-grain bread and a side of sautéed spinach.

Snacks:
• Option 1: A small handful of mixed nuts.
• Option 2: Sliced vegetables with hummus.
• Option 3: Fresh fruit (e.g., an apple or pear).

Dinner:
• Option 1: Baked salmon with a lemon-dill sauce, steamed asparagus, and quinoa.
• Option 2: Grilled shrimp with a quinoa salad (quinoa, cherry tomatoes, cucumbers, parsley, and a lemon vinaigrette).
• Option 3: Ratatouille (a Mediterranean vegetable stew) with a side of whole-grain couscous.

Portion control

Use smaller plates and bowls to prevent overeating.
Pay attention to hunger and fullness cues.
Be mindful of portion sizes, especially with calorie-dense foods like nuts and olive oil.

Lifestyle considerations and recommendations

Incorporate regular physical activity, such as daily 30-minute brisk walks.
Consider meal prepping for the week to ensure adherence to the diet plan.

Progress tracking

Date	Remarks
June 10, 2023	Started the Mediterranean diet plan

Additional notes