


# Low-Carb Mediterranean Diet

7-Day Meal Plan • Low-Carb Swaps • Grocery List

## DAY 1 (Monday) – ~1,450 cal | 45g protein | 35g fiber


 Breakfast: Greek yogurt + walnuts + 1/2 cup berries

 Lunch: Mixed green salad + grilled chicken + olives + feta

 Dinner: Baked salmon + roasted broccoli

 Snack: Handful of almonds

## DAY 2 (Tuesday) – ~1,380 cal | 38g protein | 42g fiber


 Breakfast: Banana smoothie (banana + spinach + protein powder)

 Lunch: Lentil fritters with raita

 Dinner: Vegetarian moussaka

 Snack: Celery sticks + hummus

## DAY 3 (Wednesday) – ~1,520 cal | 52g protein | 30g fiber

 Breakfast: Poached egg + smashed avocado on toast

 Lunch: Greek salad

 Dinner: Black pasta + cherry tomatoes + prawns

 Snack: Greek yogurt

## DAY 4 (Thursday) – ~1,410 cal | 40g protein | 48g fiber


 Breakfast: Porridge with blueberries

 Lunch: Veggie kebabs

 Dinner: Roasted peppers + spiced beans + goat cheese

 Snack: Handful of walnuts

## DAY 5 (Friday) – ~1,290 cal | 58g protein | 28g fiber

 Breakfast: Grilled mushrooms + tomatoes + spinach

 Lunch: Pesto roasted vegetables

 Dinner: Grilled sea bass + Greek dressing

 Snack: Cottage cheese

## DAY 6 (Saturday) – ~1,480 cal | 48g protein | 32g fiber

 Breakfast: Scrambled eggs + fresh tomatoes

 Lunch: Olive & Feta Pasta Salad (wholemeal)

 Dinner: Cauliflower pizza (low-carb crust)

 Snack: Handful of olives

## DAY 7 (Sunday) – ~1,350 cal | 55g protein | 36g fiber

- 🍷 Breakfast: Carrot + orange smoothie
- 🍴 Dinner: Italian cabbage + white bean stew

- 🍲 Lunch: Greek-style stuffed chicken
- 🍎 Snack: Small apple + peanut butter

## 🔄 Low-Carb Swap Guide

White rice → Cauliflower rice

Regular pasta → Zucchini noodles

White bread → Lettuce wraps

Sugary yogurt → Plain Greek yogurt

Fruit juice → Whole fruit

Granola → Nuts + seeds

Crackers → Cucumber slices

Soda → Sparkling water + lemon

## 🛒 Weekly Grocery List

### 🌿 Vegetables

Spinach, broccoli, cauliflower, zucchini, bell peppers, mushrooms, tomatoes, cucumber, avocado, onion, garlic, salad greens

### 🥜 Pantry

Olive oil, olives, almonds, walnuts, seeds, hummus, lentils, beans, whole grain pasta, herbs, spices

### 🥚 Protein

Eggs, chicken, salmon, shrimp, tuna, Greek yogurt, cottage cheese, feta, goat cheese

### 🍓 Fruit (limit)

Berries, banana, oranges, apple, lemon

### 💡 Meal Prep Tips:

- Sunday: Cook lentils, roast vegetables, grill chicken, make cauliflower rice
- Stay hydrated: 6-8 glasses of water daily
- Read labels: Avoid added sugar in sauces
- Don't skip protein: Aim for 20-30g per meal