



Menu

by

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Day 1

Breakfast ()

Greek Yogurt Parfait

- Greek yogurt: 1 cup, sliced
- Mixed berries: 1/2 cup, sliced
- Almonds: 1 tbsp, sliced
- Honey: 1 tsp, sliced

Layer Greek yogurt, mixed berries, almonds, and drizzle with honey in a glass. Enjoy!

- Protein: 30%
- Carbs: 40%
- Fats: 30%

Lunch ()

Mediterranean Quinoa Salad

- Quinoa: 1/2 cup, sliced
- Chickpeas: 1/4 cup, sliced
- Cucumber: 1/2, sliced
- Tomato: 1, sliced
- Red onion: 1/4, sliced
- Kalamata olives: 6, sliced
- Feta cheese: 2 tbsp, sliced
- Lemon juice: 1 tbsp, sliced
- Olive oil: 1 tbsp, sliced
- Fresh parsley: 1 tbsp, sliced

Cook quinoa according to package instructions. Combine cooked quinoa, chickpeas, cucumber, tomato, red onion, Kalamata olives, feta cheese, lemon juice, olive oil, and fresh parsley. Mix well and serve.

- Protein: 30%
- Carbs: 40%
- Fats: 30%

Dinner ()

Mediterranean Baked Chicken

- Chicken breast: 1, sliced
- Lemon: 1/2, sliced
- Garlic cloves: 2, sliced
- Olive oil: 1 tbsp, sliced
- Dried oregano: 1 tsp, sliced
- Salt: 1/2 tsp, sliced
- Black pepper: 1/4 tsp, sliced
- Cherry tomatoes: 1/2 cup, sliced
- Red onion: 1/4, sliced

Preheat the oven to 375°F (190°C). Place chicken breast in a baking dish. Squeeze lemon juice over the chicken, then add minced garlic, olive oil, dried oregano, salt, and black pepper. Arrange cherry tomatoes and red onion around the chicken. Bake for 25-30 minutes or until the chicken is cooked through. Serve with your choice of vegetables or salad.

- Protein: 30%
- Carbs: 40%
- Fats: 30%

Day 2

Breakfast ()

Avocado Toast

- Whole grain bread: 1 slice, sliced
- Avocado: 1/2, sliced
- Cherry tomatoes: 4, sliced
- Feta cheese: 1 tbsp, sliced
- Lemon juice: 1 tsp, sliced
- Fresh basil: 1 tbsp, sliced

Toast the whole grain bread. Mash the avocado and spread it on the toast. Top with halved cherry tomatoes, crumbled feta cheese, lemon juice, and fresh basil leaves.

- Protein: 30%
- Carbs: 40%
- Fats: 30%

Lunch ()

Mediterranean Chickpea Salad

- Chickpeas: 1 cup, sliced
- Cucumber: 1/2, sliced
- Tomato: 1, sliced
- Red bell pepper: 1/2, sliced
- Red onion: 1/4, sliced
- Kalamata olives: 6, sliced
- Feta cheese: 2 tbsp, sliced
- Lemon juice: 1 tbsp, sliced
- Olive oil: 1 tbsp, sliced
- Fresh parsley: 1 tbsp, sliced

Combine chickpeas, cucumber, tomato, red bell pepper, red onion, Kalamata olives, feta cheese, lemon juice, olive oil, and fresh parsley in a bowl. Mix well and serve.

- Protein: 30%
- Carbs: 40%
- Fats: 30%

Dinner ()

Herb-Roasted Salmon

- Salmon fillet: 1, sliced
- Fresh dill: 1 tbsp, sliced
- Fresh parsley: 1 tbsp, sliced
- Olive oil: 1 tbsp, sliced
- Lemon juice: 1 tbsp, sliced
- Garlic cloves: 2, sliced
- Salt: 1/2 tsp, sliced
- Black pepper: 1/4 tsp, sliced
- Asparagus: 1/2 bunch, sliced

Preheat the oven to 400°F (200°C). Place the salmon fillet on a baking sheet lined with foil. In a small bowl, mix together fresh dill, fresh parsley, olive oil, lemon juice, minced garlic, salt, and black pepper. Brush the herb mixture over the salmon. Arrange asparagus spears around the salmon. Bake for 12-15 minutes or until the salmon is cooked through and asparagus is tender. Serve with a side of whole grain rice or quinoa.

- Protein: 30%
- Carbs: 40%
- Fats: 30%

Day 3

Breakfast ()

Omelette with Vegetables

- Eggs: 2, sliced
- Baby spinach: 1 cup, sliced
- Tomato: 1, sliced
- Bell pepper: 1/2, sliced
- Red onion: 1/4, sliced
- Feta cheese: 2 tbsp, sliced
- Olive oil: 1 tsp, sliced
- Fresh basil: 1 tbsp, sliced

In a non-stick pan, sauté baby spinach, chopped tomato, sliced bell pepper, and red onion until vegetables are tender. In a separate bowl, whisk eggs and pour over the sautéed vegetables. Cook until the omelette is set. Top with crumbled feta cheese and fresh basil.

- Protein: 30%
- Carbs: 40%
- Fats: 30%

Lunch ()

Mediterranean Lentil Soup

- Lentils: 1/2 cup, sliced
- Carrots: 1, sliced
- Celery stalks: 2, sliced
- Onion: 1/2, sliced
- Garlic cloves: 2, sliced
- Vegetable broth: 2 cups, sliced
- Tomato paste: 1 tbsp, sliced
- Olive oil: 1 tbsp, sliced
- Dried oregano: 1 tsp, sliced
- Salt: 1/2 tsp, sliced
- Black pepper: 1/4 tsp, sliced
- Fresh parsley: 1 tbsp, sliced

In a large pot, sauté chopped onion, minced garlic, diced carrots, and sliced celery in olive oil until vegetables are slightly softened. Add lentils, vegetable broth, tomato paste, dried oregano, salt, and black pepper. Bring to a boil, then reduce heat and simmer for 25-30 minutes until lentils are tender. Stir in fresh parsley and serve.

- Protein: 30%
- Carbs: 40%
- Fats: 30%

Dinner ()

Mediterranean Stuffed Bell Peppers

- Bell peppers: 2, sliced
- Ground turkey: 1/2 lb, sliced
- Quinoa: 1/4 cup, sliced
- Onion: 1/2, sliced
- Zucchini: 1/2, sliced

- Garlic cloves: 2, sliced
- Tomato sauce: 1/2 cup, sliced
- Olive oil: 1 tbsp, sliced
- Dried oregano: 1 tsp, sliced
- Salt: 1/2 tsp, sliced
- Black pepper: 1/4 tsp, sliced
- Feta cheese: 2 tbsp, sliced

Preheat the oven to 375°F (190°C). Cut the tops off the bell peppers and remove the seeds. In a pan, cook ground turkey, chopped onion, minced garlic, and sliced zucchini until turkey is browned and vegetables are tender. Add cooked quinoa, tomato sauce, dried oregano, salt, and black pepper. Stuff the bell peppers with the turkey mixture. Place stuffed bell peppers in a baking dish, drizzle with olive oil, and sprinkle crumbled feta cheese on top. Bake for 25-30 minutes or until the bell peppers are tender. Serve with a side salad.

- Protein: 30%
- Carbs: 40%
- Fats: 30%