

Waimind Kitchen

7-Day Mediterranean Meal Plan

Welcome! This 7-day plan delivers hand-crafted Mediterranean meals built around these principles:

- ✓ **400-600 calories per meal**
- ✓ **≥15g protein per meal**
- ✓ Real, whole-food ingredients (olive oil, fish, vegetables, herbs, legumes)
- ✓ Mediterranean diet fundamentals (lean protein + healthy fats + fiber)

Daily totals: ~1,600-1,800 kcal | ~95-110g protein | ~180-220g carbs

Cooking tips: Sunday meal prep: cook all beans, grains, and proteins for the week. Pantry essentials: extra virgin olive oil, lemons, garlic, herbs, sea salt.

Day 1 — Mediterranean Monday

☐ Breakfast

430 kcal · 28g protein

Greek Yogurt Power Bowl

- 1 cup (240g) Greek yogurt, full-fat
- ½ cup mixed berries
- 1 tbsp honey
- 2 tbsp granola
- 1 tbsp almond butter
- 1 tsp chia seeds

☐ 3 minutes · No cooking

 Greek yogurt bowl with berries + granola drizzle

☐ Lunch

485 kcal · 18g protein

Golden Chickpea & Herbed Couscous Bowls

- 1 cup cooked couscous
- ½ cup chickpeas
- ¼ cup cucumber, diced
- ¼ cup cherry tomatoes, halved
- 2 tbsp tahini-lemon dressing
- Fresh parsley + mint

→ [Full recipe on waimind.com](#)  Golden couscous bowl overhead shot

☐ Snack

180 kcal · 6g protein

- 1 medium apple
- 10 raw almonds
- 1 square dark chocolate (70%+)

☐ Dinner

510 kcal · 45g protein

Tuscan White Bean & Kale Soup (Ribollita)

- 1.5 cups ribollita soup
- 1 slice whole-grain sourdough bread
- 1 tbsp grated parmesan
- Drizzle of olive oil

→ Full recipe on waimind.com



Day 1 Total: 1,605 kcal · 97g protein · 195g carbs

Day 2 — Tuscan Tuesday

☐ Breakfast

385 kcal · 22g protein

Mediterranean Veggie Scramble

- 3 eggs, scrambled
- ½ cup spinach
- ¼ cup feta cheese
- 5 cherry tomatoes, halved
- 1 tsp olive oil
- 1 slice whole-grain toast

☐ 10 minutes



☐ Lunch

445 kcal · 22g protein

Mediterranean Chickpea & Cucumber Salad

- 1 cup chickpeas
- ½ cucumber, diced

- ¼ cup red onion
- 10 cherry tomatoes
- 2 tbsp feta
- 2 tbsp lemon-tahini dressing

→ [Full recipe on waimind.com](https://www.waimind.com)

☐ **Snack**

160 kcal · 5g protein

- 1 medium pear
- 8 walnut halves

☐ **Dinner**

560 kcal · 42g protein

Mediterranean Fisherman's Soup

- 1.5 cups fisherman's soup
- 1 slice whole-grain bread
- 1 tbsp olive oil drizzle

→ Full recipe on waimind.com



Day 2 Total: 1,550 kcal · 91g protein · 178g carbs

Day 3 — Seafood Wednesday

☐ Breakfast

360 kcal · 24g protein

Smoked Salmon & Avocado Toast

- 1 slice whole-grain sourdough
- ½ avocado, mashed
- 60g smoked salmon
- 1 tsp capers
- Squeeze of lemon + cracked pepper



☐ Lunch

395 kcal · 36g protein

Mediterranean Garlic Shrimp Bowl with Cauliflower Rice

- 150g shrimp, garlic-tomato sauce
- 1 cup cauliflower rice
- ½ cup roasted red peppers
- 2 tbsp tzatziki

- Fresh dill

→ [Full recipe on waimind.com](https://waimind.com)



☐ **Snack**

145 kcal · 4g protein

- 1 medium carrot, sticks
- 2 tbsp hummus

☐ **Dinner**

485 kcal · 38g protein

Mediterranean Shrimp Pasta with White Wine

- 1 cup whole-wheat spaghetti
- 150g shrimp, white wine-garlic sauce
- ¼ cup cherry tomatoes
- 2 tbsp fresh parsley
- 1 tbsp grated parmesan

→ Full recipe on waimind.com



Day 3 Total: 1,385 kcal · 102g protein · 156g carbs

Day 4 — Chicken Thursday

☐ Breakfast

410 kcal · 30g protein

Mediterranean Egg White Omelet

- 4 egg whites + 1 whole egg
 - ¼ cup sun-dried tomatoes
 - 2 tbsp feta
 - 1 cup spinach
 - 1 slice rye toast
- 

☐ Lunch

465 kcal · 35g protein

Mediterranean Chicken Tray Bake with Feta

- 150g chicken thighs
- ½ cup zucchini
- ½ cup bell pepper
- ¼ cup feta

- 2 tbsp olive oil + lemon dressing

→ [Full recipe on waimind.com](https://waimind.com)



☐ **Snack**

155 kcal · 7g protein

- 6 oz Greek yogurt
- 1 tsp honey + cinnamon

☐ **Dinner**

425 kcal · 32g protein

Mediterranean Chicken Spanakorizo

- 1.5 cups spanakorizo (chicken + spinach rice)
- 1 cup mixed greens salad
- 2 tbsp feta + olive oil dressing

→ Full recipe on waimind.com



Day 4 Total: 1,455 kcal · 104g protein · 162g carbs

Day 5 — Pantry Friday

☐ Breakfast

395 kcal · 18g protein

Overnight Oats Mediterranean Style

- ½ cup rolled oats
- ½ cup almond milk
- 1 tbsp chia seeds
- 2 tbsp Greek yogurt
- Toppings: figs, walnuts, honey

☐ Prep night before, eat cold



☐ Lunch

445 kcal · 32g protein

Italian Turkey Stuffed Bell Peppers

- 2 stuffed bell peppers (turkey + tomato + herbs)
- Side: 1 cup arugula + lemon

→ [Full recipe on waimind.com](https://waimind.com)



☐ **Snack**

170 kcal · 6g protein

- 1 hard-boiled egg
- 5 whole-grain crackers

☐ **Dinner**

510 kcal · 24g protein

Burrata & Burst Tomato Pasta

- 1 cup whole-wheat penne
- ½ cup burst cherry tomato sauce
- ½ burrata ball (80g)
- Fresh basil + cracked pepper

→ Full recipe on waimind.com



Day 5 Total: 1,520 kcal · 80g protein · 188g carbs

Day 6 — Plant-Forward Saturday

☐ Breakfast

375 kcal · 16g protein

Berry Almond Smoothie Bowl

- 1 banana
 - ½ cup frozen berries
 - 1 cup almond milk
 - 1 tbsp almond butter
 - Toppings: granola + sliced almonds
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☐ Lunch

485 kcal · 18g protein

Spiced Chickpea & Couscous Bowls with Tangy Tahini Drizzle

- 1 cup cooked couscous
- ½ cup spiced chickpeas
- ¼ cucumber + ¼ cup tomatoes
- 2 tbsp tangy tahini drizzle

- Fresh herbs + lemon

→ [Full recipe on waimind.com](https://www.waimind.com)



☐ **Snack**

185 kcal · 5g protein

- 1 small banana
- 1 tbsp natural peanut butter

☐ **Dinner**

425 kcal · 22g protein

Vegetarian Sushi Grain Bowl with Edamame

- 1 cup brown rice + quinoa mix
- ½ cup edamame
- ½ avocado
- ¼ cucumber + shredded cabbage
- 2 tbsp tamari-ginger dressing
- Nori strips + sesame seeds

→ Full recipe on waimind.com



Day 6 Total: 1,470 kcal · 61g protein · 198g carbs

Day 7 — Sunday Reset

☐ Breakfast

420 kcal · 28g protein

Mediterranean Berry Protein Bowl

- 1 cup Greek yogurt
- ½ cup mixed berries
- 2 tbsp honey-toasted granola
- 1 tbsp slivered almonds
- Drizzle of honey

→ [Full recipe on waimind.com](https://waimind.com)

☐ Lunch

425 kcal · 35g protein

Lemon Herb Salmon over Orzo

- 150g salmon fillet, lemon-herb
- ½ cup orzo
- 1 cup spinach + cherry tomatoes

- 2 tbsp olive oil + lemon

→ [Full recipe on waimind.com](https://www.waimind.com)



☐ **Snack**

175 kcal · 6g protein

- 1 small apple
- 2 tbsp almond butter

☐ **Dinner**

420 kcal · 32g protein

Mediterranean Baked Cod with Tomatoes, Capers & Olives

- 200g cod fillet, baked in tomato-caper sauce
- ½ cup cauliflower mash
- 1 cup roasted Mediterranean vegetables
- Fresh basil + olive oil

→ Full recipe on waimind.com



Day 7 Total: 1,440 kcal · 101g protein · 142g carbs

More Recipes at waimind.com

Browse 31+ low-calorie Mediterranean recipes, all 400-600 kcal with ≥ 15 g protein per serving.

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