

MEDITERRANEAN ANTI-INFLAMMATORY CARDIAC DIET

WEEK 1



MONDAY

BREAKFAST

Overnight oats with almond milk, chia seeds, berries, & drizzle of honey

LUNCH

Grilled chicken salad with mixed greens, tomatoes, cucumber, red onion, and a balsamic vinaigrette

DINNER

Baked salmon with lemon, steamed green beans, and quinoa

SNACK

A handful of almonds and an apple

TUESDAY

BREAKFAST

Greek yogurt with honey, walnuts, and fresh berries

LUNCH

Chickpea salad with cucumber, tomatoes, red onion, olives, and a lemon-tahini dressing

DINNER

Whole-grain spaghetti with tomato sauce, mushrooms, and spinach

SNACK

Carrot and celery sticks with hummus

WEDNESDAY

BREAKFAST

Smoothie with spinach, banana, mixed berries, flax seeds, & almond milk

LUNCH

Tuna salad with mixed greens, bell pepper, cherry tomatoes, and a yogurt-dill dressing

DINNER

Grilled turkey breast with roasted vegetables and brown rice

SNACK

A pear and a handful of walnuts

THURSDAY

BREAKFAST

Whole-grain toast with avocado, cherry tomatoes, and a sprinkle of feta

LUNCH

Lentil soup with whole-grain pita bread and a side of mixed greens

DINNER

Baked cod with lemon-herb marinade, steamed broccoli, and sweet potato mash

SNACK

A small bowl of mixed berries and a few squares of dark chocolate

FRIDAY

BREAKFAST

Steel-cut oats with almond butter, dried fruits, and a drizzle of honey

LUNCH

Grilled vegetable panini with pesto and fresh mozzarella

DINNER

Turkey and vegetable stir-fry with whole-grain couscous

SNACK

Sliced cucumber and cherry tomatoes with tzatziki dip

SATURDAY

BREAKFAST

Chia seed pudding with almond milk, topped with fruit and honey

LUNCH

Chicken and vegetable wrap with whole-grain tortilla and a side of mixed greens

DINNER

Cauliflower rice and vegetable paella with saffron and smoked paprika

SNACK

A banana and a handful of mixed nuts

SUNDAY

BREAKFAST

Fruit salad with oranges, kiwi, pineapple, and a dollop of Greek yogurt

LUNCH

Quinoa and vegetable salad with lemon-olive oil dressing

DINNER

Lemon-herb grilled chicken with a side of tabbouleh salad and asparagus

SNACK

Sliced bell peppers with guacamole



MEDITERRANEAN ANTI-INFLAMMATORY CARDIAC DIET

WEEK 2



MONDAY

BREAKFAST

Scrambled eggs with spinach, tomatoes, and a sprinkle of goat cheese

LUNCH

Grilled shrimp salad with mixed greens, avocado, and mango, topped with a lime vinaigrette

DINNER

Eggplant and zucchini lasagna with a side of mixed greens

SNACK

A handful of pistachios and a nectarine

TUESDAY

BREAKFAST

Overnight oats with almond milk, chia seeds, berries, and maple syrup

LUNCH

Turkey and avocado whole-grain sandwich with a side of vegetable sticks

DINNER

Stuffed bell peppers with quinoa, black beans, corn, and a side of roasted sweet potatoes

SNACK

Greek yogurt with a spoonful of almond butter and honey

WEDNESDAY

BREAKFAST

Smoothie with kale, banana, mixed berries, chia seeds, and almond milk

LUNCH

Chickpea and vegetable curry with brown rice

DINNER

Baked white fish with a tomato-caper sauce, steamed green beans, and barley

SNACK

A handful of cashews and an apple

THURSDAY

BREAKFAST

Muesli with almond milk, raisins, and mixed nuts

LUNCH

Caprese salad with fresh basil, tomatoes, mozzarella, and a balsamic glaze

DINNER

Spinach and feta stuffed chicken breast with a side of roasted red peppers & quinoa

SNACK

Carrot and celery sticks with hummus

FRIDAY

BREAKFAST

Whole-grain toast with almond butter and sliced strawberries

LUNCH

Lentil and vegetable salad with mixed greens and a lemon-tahini dressing

DINNER

Vegetable and tofu stir-fry with a ginger-soy sauce and brown rice

SNACK

A peach and a few squares of dark chocolate

SATURDAY

BREAKFAST

Fruit & yogurt parfait with Greek yogurt, granola, and mixed berries

LUNCH

Chicken and vegetable quinoa bowl with a side of mixed greens and a lemon vinaigrette

DINNER

Mushroom and spinach risotto with a side of steamed asparagus

SNACK

Sliced cucumber and cherry tomatoes with tzatziki dip

SUNDAY

BREAKFAST

Spinach, mushroom, and onion frittata with a side of fresh fruit

LUNCH

Smoked salmon and avocado whole-grain wrap with vegetable sticks

DINNER

Vegetable and chickpea stew with whole-grain pita bread

SNACK

A handful of mixed nuts and raisins

