

JOY BAUER'S MEDITERRANEAN MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Greek Omelet	<u>PB & Berry Breakfast Bowl</u>	Oatmeal with fruit + nuts	PB & Banana English Muffin	<u>Avocado 'n Egg Toast</u>	<u>Longevity Smoothie</u>	Overnight Oats <u>Banana Bread</u> <u>Blueberry Muffin</u> Key Lime
LUNCH	Grilled Fish and Veggies	Mezze Plate with hummus, nuts + fruit	<u>Mediterranean Quinoa Salad</u>	<u>Lentil Veggie Superfood Stew</u>	<u>Chicken Caesar Wrap</u>	<u>Wild Salmon and Chickpea Salad</u>	<u>Mediterranean Harvest Bowl</u>
DINNER	<u>Mediterranean Stuffed Peppers</u> with Tahini Drizzle	<u>Lemon Chicken Soup</u> with orzo	Grilled Fish with <u>Superfood Minestrone</u>	<u>Shrimp Broccoli Scampi</u>	<u>Greek Burgers with Feta and Roasted Red Pepper</u>	<u>One Sheet Mediterranean Shrimp and Charred Vegetables</u>	<u>Chicken Bruschetta</u>