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Packed with nutritious foods like fish, whole grains, legumes, veggies and healthy fats, the Mediterranean diet is known to reduce depression, support heart health and may even help fend off cancer. Our 7-day plan packs all the tools you need to make the most of this health-promoting eating style. BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 1 Banana Coconut Chocolate Smoothie (p. 2)	 1 serving CBLT Grain Salad (p. 2, save leftovers)	 1 serving One-Pot Lemon Chicken & Rice (p. 3, save leftovers)	Calories: 1,638, Fat: 80 g, Sat. Fat: 41 g, Carbs: 153 g, Fiber: 27 g, Sugars: 32 g, Protein: 85 g, Sodium: 1,576 mg, Cholesterol: 175 mg
TUESDAY	 1 serving Chickpea & Kale Shakshouka (p. 4, save leftovers)	 1 serving CBLT Grain Salad (leftovers, p. 2)	 1 serving One-Pot Lemon Chicken & Rice (leftovers, p. 3)	Calories: 1,456, Fat: 64 g, Sat. Fat: 22 g, Carbs: 148 g, Fiber: 29 g, Sugars: 28 g, Protein: 79 g, Sodium: 1,636 mg, Cholesterol: 374 mg
WEDNESDAY	 1 serving Chickpea & Kale Shakshouka (leftovers, p. 4)	 1 serving One-Pot Lemon Chicken & Rice (leftovers, p. 3)	 1 serving Mediterranean Baked Cod with Chickpea Salad (p. 5, save leftovers)	Calories: 1,254, Fat: 43 g, Sat. Fat: 10 g, Carbs: 116 g, Fiber: 25 g, Sugars: 22 g, Protein: 103 g, Sodium: 1,777 mg, Cholesterol: 443 mg
THURSDAY	 1 Banana Coconut Chocolate Smoothie (p. 2)	 1 serving Mediterranean Baked Cod with Chickpea Salad (leftovers, p. 5)	 1 serving CBLT Grain Salad (leftovers, p. 2)	Calories: 1,466, Fat: 69 g, Sat. Fat: 39 g, Carbs: 147 g, Fiber: 31 g, Sugars: 35 g, Protein: 75 g, Sodium: 1,136 mg, Cholesterol: 69 mg
FRIDAY	 1 serving Chickpea & Kale Shakshouka (leftovers, p. 4)	 1 serving Stuffed Portobello Mushrooms with Pesto (save leftovers, p. 6)	 1 serving One-Pot Lemon Chicken & Rice (leftovers, p. 3)	Calories: 1,325, Fat: 42 g, Sat. Fat: 17 g, Carbs: 96 g, Fiber: 21 g, Sugars: 21 g, Protein: 81 g, Sodium: 1,706 mg, Cholesterol: 390 mg
SATURDAY	 1 serving Chickpea & Kale Shakshouka (leftovers, p. 4)	 1 serving Mediterranean Baked Cod with Chickpea Salad (leftovers, p. 5)	 1 serving Stuffed Portobello Mushrooms with Pesto (leftovers, p. 6)	Calories: 1,153, Fat: 31 g, Sat. Fat: 15 g, Carbs: 90 g, Fiber: 25 g, Sugars: 24 g, Protein: 71 g, Sodium: 1,266 mg, Cholesterol: 284 mg
SUNDAY	 1 Banana Coconut Chocolate Smoothie (p. 2)	 1 serving Stuffed Portobello Mushrooms with Pesto (leftovers, p. 6)	 1 serving Mediterranean Baked Cod with Chickpea Salad (leftovers, p. 5)	Calories: 1,335, Fat: 76.5 g, Sat. Fat: 34 g, Carbs: 95 g, Fiber: 23 g, Sugars: 28 g, Protein: 77 g, Sodium: 1,206 mg, Cholesterol: 85 mg

Banana Coconut Chocolate Smoothie

SERVES 1.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

Chocolate for breakfast? Yes, please! This smoothie will keep you feeling full from whole-food additions, such as beans, spinach and banana. Choose a protein powder that doesn't contain any added sugar.

- 1 banana, cut into chunks and frozen
- 1 cup packed baby spinach
- 1 cup water
- ½ cup full-fat coconut milk
- ¼ cup canned cannellini beans, drained
- 1 scoop no-sugar-added chocolate protein powder
- 1 tsp ground cinnamon

Place all ingredients in a blender and blend until smooth.

PER SERVING (1 recipe): Calories: 538, Total Fat: 28 g, Sat. Fat: 23 g, Carbs: 49 g, Fiber: 11 g, Sugars: 15 g, Protein: 29 g, Sodium: 367 mg, Cholesterol: 0 mg

CBLT Grain Salad

MAKES 3 SERVINGS. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 40 MINUTES.

Grain salads are fast and fantastic grab-and-go options for lunch or dinner. Toss your leftover cooked grains in your favorite homemade vinegar-based dressing. Pair with a protein of your choice, add grated veggies and fresh herbs, and top with avocado and toasted nuts and seeds. To get a jump-start on the week's meals, premake three portions of your favorite grain salad recipe using three 1-liter Mason jars. Preassemble this CBLT (coconut bacon, romaine lettuce and cherry tomato) grain salad for lunches or a quick dinner.

COCONUT BACON

- ¾ cup unsweetened, dried sliced coconut or coconut flakes
- ¾ tbsp pure maple syrup
- 1½ tsp reduced-sodium tamari
- ¾ tsp smoked paprika
- ¼ tsp grape seed oil

LEMON DIJON VINAIGRETTE

- 3 tbsp extra-virgin olive oil
- ½ lemon, zested and juiced
- 1 clove garlic, puréed
- 2 tsp pure maple syrup
- 1 tsp Dijon mustard
- sea salt and ground black pepper, to taste

SALAD

- 3 cups cooked brown rice (or other grain of your choice, such as millet or quinoa)
- 3 cups grated vegetables (such as carrots, zucchini, summer squash or beets)
- 3 cups romaine lettuce, torn into bite-size pieces
- 1½ cups cherry tomatoes, halved
- ½ cup unsalted sunflower sprouts

EQUIPMENT:

- 3 1-liter Mason jars with lids

1. Preheat oven to 325°F. To a medium bowl, add all coconut bacon ingredients and toss well. Spread on a large parchment-lined baking sheet. Bake until coconut is crispy and lightly toasted. (**NOTE:** This can take anywhere from 8 to 18 minutes, depending on the size and thickness of your coconut, so check often to avoid burning.) Set aside.

2. Meanwhile, in a small bowl, whisk together vinaigrette ingredients.

3. To 1 Mason jar, add one-third of vinaigrette. Over dressing, layer in 1 cup grains, 1 cup grated veggies, 1 cup lettuce, ½ cup cherry tomatoes and one-third of bacon. Top with a few sunflower sprouts. Tighten lid and repeat with remaining 2 Mason jars. Store in fridge.

4. When ready to eat, vigorously shake Mason jar to completely coat salad ingredients with vinaigrette.

NOTE: Use any grain or vegetable you prefer, however, in the grocery list we've accounted for using brown rice, zucchini and carrots. If you'd like to swap for other options, make sure to adjust your shopping list.

PER SERVING (1 salad): Calories: 565, Total Fat: 31 g, Sat. Fat: 14 g, Carbs: 65 g, Fiber: 12 g, Sugars: 13 g, Protein: 11 g, Sodium: 314 mg, Cholesterol: 0 mg

One-Pot Lemon Chicken & Rice

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 1 HOUR, 20 MINUTES.

Not only is clean-up minimal with this one-pot chicken meal, but you can freeze it and simply reheat and eat. We recommend using a sprouted rice blend in this dish, if you have some on hand.

- 3 tbsp** avocado oil, divided
- 3 cloves** garlic, chopped
- 2 tsp** dried oregano, divided
- ¼ tsp** each sea salt and ground black pepper
- 5 4-oz** boneless, skinless chicken thighs
- 1 small** yellow onion, chopped
- ¾ cup** brown rice or sprouted rice blend (red, brown and black)
- 1½ cups** low-sodium chicken stock or bone broth
- 1** lemon, zested and juiced, divided
(NOTE: Use additional wedges for garnish.)
- ½ cup** Kalamata olives
- 1 14-oz** BPA-free can artichoke hearts, halved
- 2 cups** kale, stems removed and chopped (or baby kale)

1. Preheat oven to 350°F. In a large bowl, whisk together 1 tbsp oil, garlic, 1 tsp oregano, salt and pepper. Add chicken and coat with marinade. Set aside for 15 minutes.

2. In a Dutch oven, heat remaining 2 tbsp oil. Add chicken, discarding any remaining marinade, and sear for 4 to 5 minutes, or until golden on the bottom; flip and cook 4 to 5 minutes more. Transfer to a plate.

3. To pan, add onion and sauté for 1 minute. Add rice and remaining 1 tsp oregano and sauté 30 seconds. Add broth and lemon juice; bring to a simmer. Add olives and artichoke hearts then top with chicken; cover and bake for 35 minutes. Remove lid and stir in kale and lemon zest and cook an additional 5 minutes. Serve with lemon wedges.

NOTE: If following our Meal Plan, freeze one serving of both chicken and rice mixture, cooling slightly before storing, for later in the week. Thaw and reheat when called for. Refrigerate all remaining servings and heat when called for.

PER SERVING (¼ of recipe): Calories: 535, Total Fat: 21 g, Sat.Fat: 4 g, Carbs: 39 g, Fiber: 4 g, Sugars: 4 g, Protein: 45 g, Sodium: 895 mg, Cholesterol: 175 mg

Chickpea & Kale Shakshouka

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

This Tunisian-style recipe features the flavors and health benefits of Mediterranean-style dining. While tomatoes figure prominently in the original dish, we've added chickpeas and kale for a clean-eating twist.

- 1 tsp extra-virgin olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp smoked paprika
- ¼ tsp sea salt
- ¼ tsp ground cayenne pepper
- 1 15-oz BPA-free can unsalted chickpeas, drained and rinsed
- 2 cups BPA-free canned, jarred or boxed unsalted diced tomatoes
- 10 cups kale (loosely packed), stemmed and chopped
- 4 large eggs
- 2 oz feta cheese, crumbled

1. Preheat oven to 400°F. In a large ovenproof nonstick skillet on medium, heat oil. Add onion and sauté for about 5 minutes, until softened. Add garlic, cumin, coriander, paprika, salt and cayenne. Cook, stirring, for 1 minute more.

2. Add chickpeas, tomatoes and 1½ cups water. Increase heat to medium-high and bring to a simmer. Add kale, a few handfuls at a time, stirring with each addition until kale wilts. When all kale has been added, reduce heat to medium-low and cook until kale is tender, 5 minutes.

3. Turn off heat. With the back of a spoon, create 4 shallow indentations in vegetable mixture. In a small bowl, crack 1 egg; slide into 1 indentation. Repeat with remaining eggs. Sprinkle cheese over eggs and vegetable mixture. Transfer skillet to oven and cook until eggs are set, 8 to 10 minutes.

NOTE: If following our Meal Plan, cover and refrigerate leftovers and reheat when called for. Alternatively, make tomato mixture ahead (through Step 2); refrigerate in an airtight container. Reheat when called for, making eggs fresh before serving.

PER SERVING (¼ of recipe): Calories: 356, Total Fat: 11.5 g, Sat .Fat: 4 g, Carbs: 44 g, Fiber: 13 g, Sugars: 11 g, Protein: 23 g, Sodium: 427 mg, Cholesterol: 199 mg

Mediterranean Baked Cod

with Sweet Peppers & Chickpea Salad

SERVES 4. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 45 MINUTES.

Flaky white cod bakes over spinach and sweet bell pepper halves for a heart-healthy meal that's rich in anti-inflammatory fats and antioxidants. The chickpea salad provides a boost of fiber.

BAKED COD

- 10** pitted Kalamata olives, minced
- 2 cloves** garlic, minced
- ¾ cup** packed fresh flat-leaf parsley, minced
- ½ tsp** lemon zest
- 2 tbsp** fresh lemon juice
- ¼ tsp** ground black pepper
- ⅛ tsp** sea salt
- 2** orange, yellow or red bell peppers, trimmed, halved and seeded
- 1 tsp** extra-virgin olive oil, divided
- 2 cups** baby spinach
- 4 5-oz** boneless, skinless cod fillets

CHICKPEA SALAD

- 2 tsp** extra-virgin olive oil
- ½ cup** chopped red onion
- 1 clove** garlic, minced
- 1 15-oz** BPA-free can unsalted chickpeas (aka garbanzo beans), drained, rinsed and patted dry
- ½ cup** packed fresh flat-leaf parsley, minced, divided
- 1 tbsp** dried oregano
- ¼ cup** fresh lemon juice
- 10** pitted Kalamata olives, chopped
- 1½ cups** cherry tomatoes, chopped
- ¼ cup** crumbled feta cheese
- 1½ tsp** lemon zest
- ¼ tsp** ground black pepper

1. Preheat oven to 350°F. Line a large baking sheet with foil.

2. Prepare Baked Cod: In a small bowl, combine olives, garlic, parsley, lemon zest and juice, black pepper and salt. Set aside.

3. On baking sheet, arrange bell peppers skin side down. Brush tops of peppers with ¼ tsp oil, dividing evenly, then top each half with ½ cup spinach and 1 cod fillet. To olive mixture, add ¾ tsp oil and stir to combine; spread over cod, dividing evenly. Bake until cod flakes easily when tested with a fork, 20 to 25 minutes.

4. Meanwhile, prepare Chickpea Salad: In a medium skillet, heat oil on medium-high. Add onion and garlic and sauté for 1 minute. Add chickpeas, ¼ cup parsley, oregano, lemon juice and 1 tbsp water and cook, stirring often, for 5 minutes. Add olives and tomatoes and cook, stirring, until liquid evaporates, about 8 minutes. Stir in feta, remaining ¼ cup parsley, lemon zest and black pepper; remove from heat.

5. Carefully lift bell pepper halves and cod from baking sheet and divide among serving plates. Serve with Chickpea Salad.

NOTE: If following our Meal Plan, refrigerate cod and bell peppers and reheat when called for. Refrigerate chickpea salad until called for.

PER SERVING (¼ of recipe): Calories: 363, Total Fat: 10 g, Sat. Fat: 2 g, Carbs: 33 g, Fiber: 8 g, Sugars: 7 g, Protein: 35 g, Sodium: 455 mg, Cholesterol: 69 mg

Stuffed Portobello Mushrooms

with Pesto

SERVES 3. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 35 MINUTES.

These meaty mushrooms are filled with a quick DIY pesto, fresh veggies and goat cheese for a healthy meal with a Mediterranean vibe.

- 6** portobello mushroom caps, stems and gills removed
- ¼ cup** + 2 tbsp extra-virgin olive oil, divided
- ¼ tsp** each sea salt and ground black pepper
- 3 cups** loosely packed fresh basil
- 3 tbsp** chopped raw unsalted almonds
- 3 tbsp** Parmesan cheese
- 1½ tbsp** apple cider vinegar
- 2 small** cloves garlic, minced
- 4** green onions, thinly sliced
- ½ cup** halved cherry tomatoes
- ½ cup** diced zucchini (yellow or green)
- ⅔ cup** crumbled goat cheese

1. Preheat oven to 400°F. Place mushrooms, cap side down, on a baking sheet and brush with 2 tbsp oil. Sprinkle with salt and pepper and bake for 5 minutes.

2. Meanwhile, prepare pesto: To a blender or food processor, add basil, almonds, Parmesan, vinegar, garlic and remaining ¼ cup oil; blend until smooth.

3. Fill mushroom caps with pesto, onions, tomatoes, zucchini and goat cheese. Return to oven and bake an additional 15 minutes or until zucchini is soft and cheese starts to turn golden.

NOTE: If following our Meal Plan, refrigerate 4 stuffed mushrooms and reheat when called for by placing 6 to 8 inches under broiler for 5 minutes.

PER SERVING (2 stuffed mushrooms):
Calories: 434, Fat: 38.5 g, Sat.Fat: 9 g,
Carbs: 13 g, Fiber: 4 g, Sugars: 6 g, Protein: 13 g,
Sodium: 384 mg, Cholesterol: 16 mg

SHOPPING LIST

PROTEINS & DAIRY

- 5 4-oz boneless, skinless chicken thighs
- 4 5-oz boneless, skinless cod fillets
- 2 15-oz BPA-free can unsalted chickpeas
- 1 15-oz BPA-free can unsalted cannellini beans
- 8 oz goat cheese
- 3 oz feta
- ½ dozen eggs
- 1 container no-sugar-added chocolate protein powder
- 1 qt low-sodium chicken stock or bone broth
- 1 oz Parmesan cheese

VEGGIES & FRUITS

- 1 head garlic
- 2 yellow onions
- 1 small red onion
- 4 lemons
- 1 jar Kalamata olives
- 1 14-oz BPA-free can artichoke hearts
- 28 oz kale
- 6 oz baby spinach
- 22 oz cherry tomatoes
- 2 zucchini (green or yellow)
- 1 large carrot
- 1 large bunch fresh basil
- 1 large bunch fresh flat-leaf parsley
- 1 bunch green onions
- 6 portobello mushroom caps
- 1 head romaine lettuce
- 2 orange, yellow or red bell peppers
- 2 oz sunflower sprouts
- 3 bananas
- 1 28-oz BPA-free can, jar or box unsalted diced tomatoes

WHOLE GRAINS

- 1 bag brown rice

NUTS, SEEDS & OILS

- 1 bottle avocado oil
- 1 oz raw almonds
- 2 oz unsweetened dried sliced coconut
- 1 15-oz BPA-free can full-fat coconut milk

PANTRY STAPLES

- 1 bottle dried oregano
- 1 bottle smoked paprika
- 1 bottle ground cumin
- 1 bottle ground coriander
- 1 bottle ground cayenne pepper
- 1 bottle ground cinnamon
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle extra-virgin olive oil
- 1 bottle grape seed oil
- 1 bottle apple cider vinegar
- 1 bottle Dijon mustard
- 1 bottle pure maple syrup
- 1 bottle reduced-sodium tamari