

MEDITERRANEAN

Challenge Guide



WELCOME TO THE MEDITERRANEAN CHALLENGE

This 7-day challenge is designed to help you eat intentionally, simplify food choices, and follow a Mediterranean-style approach built around whole foods and balance.

This is not a forever plan.

It is a short-term challenge focused on consistency, awareness, and momentum.

Choose this guide if **Mediterranean is your selected path** and follow this guide only for the full 7 days.



HOW TO USE THIS GUIDE

- This guide is your only roadmap for the challenge
- Eat only foods listed in this guide
- Keep meals simple and repeatable
- Focus on consistency, not perfection

If a food is not listed, it is not included for this challenge.

MACRO GUIDELINES (MEDITERRANEAN)

- **Calories per meal:** Under 400
- **Carbohydrates:** 10–20g per meal
- **Protein & fats:** Balanced



MEDITERRANEAN FOODS, LIMITS & MACROS



FOODS EMPHASIZED (MEDITERRANEAN)

- Vegetables and fruits
- Fish and seafood
- Olive oil
- Nuts and seeds
- Whole grains (small amounts)
- Legumes
- Moderate dairy (yogurt, cheese)



FOODS LIMITED OR AVOIDED (MEDITERRANEAN)

- Highly processed foods
- Refined sugar
- Excess red meat



MACROS (MEDITERRANEAN)

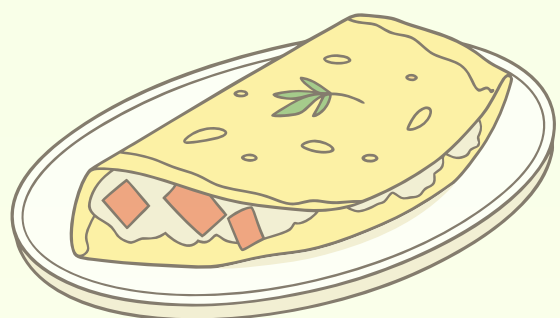
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- **Carbohydrates:** 10-20g per meal
- **Protein & fats:** Balanced

MEDITERRANEAN SAMPLE MEAL PLAN

Guidelines Used: <400 calories per meal | 10–20g carbs per meal

Breakfasts (Choose 1)

- 1) Greek yogurt ($\frac{3}{4}$ cup), walnuts, blueberries
~280 calories | ~12g carbs
- 2) Veggie omelet (2 eggs, spinach, tomato, olive oil)
~300 cal | 8g carbs
- 3) Smoked salmon, cucumber, olives
~260 cal | 5g carbs
- 4) Cottage cheese ($\frac{1}{2}$ cup) + almonds
~290 cal | 10g carbs
- 5) $\frac{1}{2}$ slice sprouted bread, egg, avocado
~350 cal | 18g carbs



Lunches

- 1) Grilled chicken Greek salad w/ olive oil & feta
~350 cal | 10g carbs
- 2) Tuna + white beans (¼ cup) salad
~360 cal | 18g carbs
- 3) Eggplant bowl + chickpeas (¼ cup)
~340 cal | 18g carbs
- 4) Salmon over arugula w/ olive oil
~370 cal | 6g carbs
- 5) Turkey roll-ups + hummus (1 tbsp)
~300 cal | 10g carbs



Dinners

1) Herb chicken thighs + zucchini

~380 cal | 8g carbs

2) Shrimp & veggie sauté

~320 cal | 10g carbs

3) Baked cod + tomato relish

~300 cal | 8g carbs

4) Lamb meatballs + Greek salad

~390 cal | 10g carbs

5) Turkey-stuffed bell pepper w/ feta

~360 cal | 15g carbs



Snacks (Optional)

- Olives + almonds (~180 cal | 4g carbs)
- Greek yogurt (½ cup) (~120 cal | 6g carbs)
- Cucumber + hummus (2 tbsp) (~150 cal | 8g carbs)

Weekly Focus

- Eat slowly and intentionally
- Enjoy variety without overeating
- Repeat meals to simplify decisions
- Focus on balance, not restriction

Finish the week proud of your consistency.



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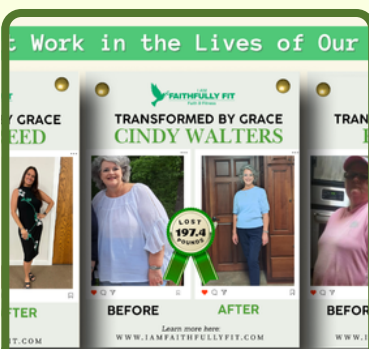


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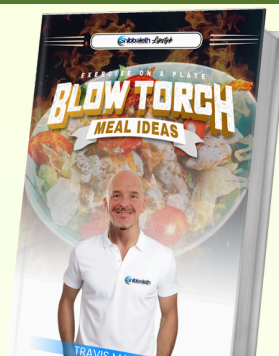
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