

COMPLETE 30-DAY HEART-HEALTHY MEAL PLAN

Mediterranean Diet • Full Recipes • Shopping Lists

- ✓ **90+ Complete Meals**
- ✓ **Detailed Recipes**
- ✓ **Nutrition Info**
- ✓ **Visual Meal Guides**

Created by ElinMed Cardiology

WEEK 1: MEDITERRANEAN FOUNDATION

Day	Breakfast (~300 cal)	Lunch (~400 cal)	Dinner (~450 cal)	Snacks (~200 cal)
MON	<ul style="list-style-type: none"> ■ Greek Yogurt Parfait • Greek yogurt, berries • Walnuts, honey 	<ul style="list-style-type: none"> ■ Mediterranean Quinoa • Quinoa, chickpeas • Feta, veggies 	<ul style="list-style-type: none"> ■ Grilled Salmon • Salmon, brown rice • Roasted vegetables 	<ul style="list-style-type: none"> ■ Apple & Almond Butter
TUE	<ul style="list-style-type: none"> ■ Steel-Cut Oatmeal • Oats, banana • Chia, cinnamon 	<ul style="list-style-type: none"> ■ Lentil Soup • Lentils, vegetables • Whole grain bread 	<ul style="list-style-type: none"> ■ Herb Chicken • Chicken, sweet potato • Steamed broccoli 	<ul style="list-style-type: none"> ■ Veggies & Hummus
WED	<ul style="list-style-type: none"> ■ Veggie Omelet • Eggs, spinach • Tomatoes, avocado toast 	<ul style="list-style-type: none"> ■ Tuna Wrap • Tuna, greens • Whole wheat wrap 	<ul style="list-style-type: none"> ■ Turkey Chili • Ground turkey, beans • Peppers, onions 	<ul style="list-style-type: none"> ■ Trail Mix
THU	<ul style="list-style-type: none"> ■ Smoothie Bowl • Spinach, berries • Protein, granola 	<ul style="list-style-type: none"> ■ Chicken Caesar • Grilled chicken • Romaine, light Caesar 	<ul style="list-style-type: none"> ■ Baked Cod • Cod, quinoa • Asparagus, lemon 	<ul style="list-style-type: none"> ■ Orange & Almonds
FRI	<ul style="list-style-type: none"> ■ Avocado Toast • Whole grain bread • Avocado, tomato 	<ul style="list-style-type: none"> ■ Minestrone • Vegetable soup • Side salad, fruit 	<ul style="list-style-type: none"> ■ Shrimp Stir-Fry • Shrimp, vegetables • Brown rice, ginger 	<ul style="list-style-type: none"> ■ Pear & Cheese
SAT	<ul style="list-style-type: none"> ■ Whole Grain Pancakes • Pancakes, berries • Turkey sausage 	<ul style="list-style-type: none"> ■ Veggie Wrap • Hummus, veggies • Feta, spinach 	<ul style="list-style-type: none"> ■ Roasted Chicken • Chicken, Brussels • Sweet potato wedges 	<ul style="list-style-type: none"> ■ Popcorn (air-popped)
SUN	<ul style="list-style-type: none"> ■ Veggie Scramble • Eggs, vegetables • English muffin, fruit 	<ul style="list-style-type: none"> ■ Grilled Veggie Salad • Mixed greens • Goat cheese, balsamic 	<ul style="list-style-type: none"> ■ Lean Beef Stir-Fry • Beef, broccoli • Brown rice, teriyaki 	<ul style="list-style-type: none"> ■ Apple & Cheese

WEEK 2: BUILDING FLAVOR

Day	Breakfast (~300 cal)	Lunch (~400 cal)	Dinner (~450 cal)	Snacks (~200 cal)
MON	<ul style="list-style-type: none"> ■ Berry Oatmeal • Oats, mixed berries • Flax seeds, cinnamon 	<ul style="list-style-type: none"> ■ Mediterranean Pita • Whole wheat pita • Grilled chicken, tzatziki 	<ul style="list-style-type: none"> ■ Herb-Crusted Tilapia • Tilapia, herbs • Wild rice, green beans 	<ul style="list-style-type: none"> ■ Grapes & Walnuts
TUE	<ul style="list-style-type: none"> ■ Egg White Frittata • Egg whites, veggies • Whole grain toast 	<ul style="list-style-type: none"> ■ Chickpea Salad • Chickpeas, cucumber • Tomato, lemon-olive oil 	<ul style="list-style-type: none"> ■ Lemon Chicken • Chicken, lemon-herb • Roasted cauliflower 	<ul style="list-style-type: none"> ■ Carrots & Guac
WED	<ul style="list-style-type: none"> ■ Protein Smoothie • Banana, spinach • Protein powder, almond milk 	<ul style="list-style-type: none"> ■ White Bean Soup • White beans, kale • Whole grain roll 	<ul style="list-style-type: none"> ■ Garlic Shrimp Pasta • Shrimp, whole wheat pasta • Marinara, vegetables 	<ul style="list-style-type: none"> ■ Clementines
THU	<ul style="list-style-type: none"> ■ Banana Pancakes • Oat pancakes • Banana, Greek yogurt 	<ul style="list-style-type: none"> ■ Turkey Avocado Wrap • Turkey, avocado • Whole wheat tortilla 	<ul style="list-style-type: none"> ■ Baked Salmon • Salmon, dill • Quinoa, roasted veggies 	<ul style="list-style-type: none"> ■ Almonds & Dried Fruit
FRI	<ul style="list-style-type: none"> ■ Chia Pudding • Chia, almond milk • Berries, honey 	<ul style="list-style-type: none"> ■ Greek Salad Bowl • Mixed greens, feta • Olives, chickpeas 	<ul style="list-style-type: none"> ■ Teriyaki Chicken • Chicken, teriyaki • Brown rice, edamame 	<ul style="list-style-type: none"> ■ Apple Slices
SAT	<ul style="list-style-type: none"> ■ Veggie Breakfast Burrito • Eggs, black beans • Salsa, whole wheat tortilla 	<ul style="list-style-type: none"> ■ Falafel Wrap • Falafel, hummus • Cucumber, tomato 	<ul style="list-style-type: none"> ■ Turkey Meatballs • Turkey meatballs • Marinara, zucchini noodles 	<ul style="list-style-type: none"> ■ String Cheese & Fruit
SUN	<ul style="list-style-type: none"> ■ French Toast • Whole grain bread • Cinnamon, berries 	<ul style="list-style-type: none"> ■ Vegetable Barley Soup • Barley, vegetables • Herb seasoning 	<ul style="list-style-type: none"> ■ Sirloin Steak • Lean sirloin • Baked potato, salad 	<ul style="list-style-type: none"> ■ Popcorn & Fruit

WEEK 3: VARIETY & ADVENTURE

Day	Breakfast (~300 cal)	Lunch (~400 cal)	Dinner (~450 cal)	Snacks (~200 cal)
MON	<ul style="list-style-type: none"> ■ Quinoa Breakfast Bowl • Quinoa, almond milk • Berries, nuts 	<ul style="list-style-type: none"> ■ Tuna Niçoise Salad • Tuna, green beans • Eggs, olives, tomato 	<ul style="list-style-type: none"> ■ Balsamic Chicken • Chicken, balsamic • Roasted vegetables 	<ul style="list-style-type: none"> ■ Greek Yogurt & Berries
TUE	<ul style="list-style-type: none"> ■ Spinach Mushroom Omelet • Eggs, spinach • Mushrooms, feta 	<ul style="list-style-type: none"> ■ Hummus Veggie Wrap • Hummus, cucumber • Peppers, whole wheat 	<ul style="list-style-type: none"> ■ Miso Glazed Cod • Cod, miso glaze • Stir-fried bok choy 	<ul style="list-style-type: none"> ■ Veggie Chips
WED	<ul style="list-style-type: none"> ■ Green Power Smoothie • Kale, pineapple • Banana, protein 	<ul style="list-style-type: none"> ■ Mediterranean Bowl • Farro, roasted veggies • Tahini drizzle 	<ul style="list-style-type: none"> ■ Cajun Shrimp • Shrimp, Cajun spice • Cauliflower rice 	<ul style="list-style-type: none"> ■ Mandarin Orange
THU	<ul style="list-style-type: none"> ■ Protein Pancakes • Protein powder pancakes • Blueberries, yogurt 	<ul style="list-style-type: none"> ■ Tomato Basil Soup • Tomato soup • Grilled cheese (light) 	<ul style="list-style-type: none"> ■ Herb Roasted Turkey • Turkey breast • Quinoa, Brussels sprouts 	<ul style="list-style-type: none"> ■ Mixed Nuts
FRI	<ul style="list-style-type: none"> ■ Overnight Oats • Oats, chia • Berries, cinnamon 	<ul style="list-style-type: none"> ■ Asian Chicken Salad • Chicken, cabbage • Ginger-sesame dressing 	<ul style="list-style-type: none"> ■ Grilled Halibut • Halibut, herbs • Wild rice, asparagus 	<ul style="list-style-type: none"> ■ Apple & Peanut Butter
SAT	<ul style="list-style-type: none"> ■ Shakshuka • Eggs, tomato sauce • Whole grain pita 	<ul style="list-style-type: none"> ■ Chicken Souvlaki Wrap • Chicken, tzatziki • Cucumber, tomato 	<ul style="list-style-type: none"> ■ Whole Wheat Pasta Primavera • Pasta, seasonal veggies • Light olive oil 	<ul style="list-style-type: none"> ■ Cheese & Crackers
SUN	<ul style="list-style-type: none"> ■ Buckwheat Pancakes • Buckwheat pancakes • Fresh fruit 	<ul style="list-style-type: none"> ■ Kale Caesar • Kale, chicken • Light Caesar dressing 	<ul style="list-style-type: none"> ■ Lean Beef Kabobs • Beef, vegetables • Grilled, tzatziki 	<ul style="list-style-type: none"> ■ Frozen Grapes

WEEK 4: SUSTAINABLE SUCCESS

Day	Breakfast (~300 cal)	Lunch (~400 cal)	Dinner (~450 cal)	Snacks (~200 cal)
MON	<ul style="list-style-type: none"> ■ Tropical Smoothie Bowl • Mango, pineapple • Coconut, granola 	<ul style="list-style-type: none"> ■ Falafel Bowl • Falafel, quinoa • Tahini, vegetables 	<ul style="list-style-type: none"> ■ Blackened Tilapia • Tilapia, Cajun spice • Corn, black bean salad 	<ul style="list-style-type: none"> ■ Orange & Pistachios
TUE	<ul style="list-style-type: none"> ■ Breakfast Quesadilla • Egg whites, vegetables • Low-fat cheese, salsa 	<ul style="list-style-type: none"> ■ Shrimp Avocado Salad • Shrimp, avocado • Mixed greens, citrus 	<ul style="list-style-type: none"> ■ Lemon-Herb Chicken Thighs • Chicken thighs (skinless) • Roasted root vegetables 	<ul style="list-style-type: none"> ■ Baby Carrots & Ranch
WED	<ul style="list-style-type: none"> ■ Berry Protein Shake • Mixed berries • Protein, spinach 	<ul style="list-style-type: none"> ■ Split Pea Soup • Split peas, carrots • Whole grain crackers 	<ul style="list-style-type: none"> ■ Shrimp Tacos • Grilled shrimp • Corn tortillas, cabbage slaw 	<ul style="list-style-type: none"> ■ Apple Chips
THU	<ul style="list-style-type: none"> ■ Sweet Potato Pancakes • Sweet potato pancakes • Greek yogurt topping 	<ul style="list-style-type: none"> ■ BBQ Chicken Wrap • Chicken, BBQ sauce • Coleslaw, whole wheat 	<ul style="list-style-type: none"> ■ Pesto Salmon • Salmon, pesto • Zucchini noodles 	<ul style="list-style-type: none"> ■ Energy Balls
FRI	<ul style="list-style-type: none"> ■ Granola Yogurt Parfait • Yogurt, granola • Fresh berries 	<ul style="list-style-type: none"> ■ Mediterranean Tuna Bowl • Tuna, quinoa • Olives, artichokes 	<ul style="list-style-type: none"> ■ Moroccan Chicken • Chicken, spices • Couscous, chickpeas 	<ul style="list-style-type: none"> ■ Fruit Salad
SAT	<ul style="list-style-type: none"> ■ Veggie Hash • Sweet potato hash • Eggs, peppers, onions 	<ul style="list-style-type: none"> ■ Greek Mezze Platter • Hummus, tzatziki • Falafel, pita, veggies 	<ul style="list-style-type: none"> ■ Eggplant Parmesan • Baked eggplant • Marinara, mozzarella 	<ul style="list-style-type: none"> ■ Caprese Skewers
SUN	<ul style="list-style-type: none"> ■ Celebration Breakfast • Whole grain waffles • Fresh fruit, yogurt 	<ul style="list-style-type: none"> ■ Cobb Salad (Modified) • Chicken, egg • Avocado, light dressing 	<ul style="list-style-type: none"> ■ Herb-Crusted Pork Tenderloin • Pork tenderloin • Roasted Brussels, apple 	<ul style="list-style-type: none"> ■ Citrus Segments

FEATURED RECIPES

MEDITERRANEAN QUINOA BOWL *Prep: 15 min | Cook: 20 min | Serves: 4 | 400 cal/serving* **Ingredients:** • 1 cup dry quinoa • 1 can (15 oz) chickpeas, rinsed • 1 large cucumber, diced • 2 cups cherry tomatoes, halved • 1/4 red onion, finely diced • 1/4 cup kalamata olives, sliced • 1/4 cup crumbled feta cheese • 2 tbsp extra virgin olive oil • Juice of 1 large lemon • 2 cloves garlic, minced • 1/4 cup fresh parsley, chopped • 1/4 cup fresh mint, chopped • Salt and pepper to taste **Instructions:** 1. Cook quinoa according to package directions. Let cool to room temperature. 2. In a large bowl, combine cooled quinoa, chickpeas, cucumber, tomatoes, red onion, and olives. 3. In a small bowl, whisk together olive oil, lemon juice, garlic, salt, and pepper. 4. Pour dressing over quinoa mixture and toss to combine. 5. Gently fold in feta cheese, parsley, and mint. 6. Serve immediately or refrigerate up to 3 days. **Nutrition per serving:** 400 cal | 15g protein | 52g carbs | 15g fat | 12g fiber | 450mg sodium **Heart Health Benefits:** High in fiber, plant protein, and healthy fats. The olive oil provides heart-healthy monounsaturated fats, while quinoa offers complete protein and minerals.

HERB-CRUSTED SALMON *Prep: 10 min | Cook: 15 min | Serves: 4 | 350 cal/serving* **Ingredients:** • 4 salmon fillets (4 oz each) • 2 tbsp fresh dill, chopped • 2 tbsp fresh parsley, chopped • 1 tbsp fresh thyme • 2 cloves garlic, minced • Zest of 1 lemon • 2 tbsp olive oil • 1 tsp Dijon mustard • Black pepper to taste • Lemon wedges for serving **Instructions:** 1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper. 2. In a small bowl, combine herbs, garlic, lemon zest, olive oil, Dijon, and pepper. 3. Place salmon fillets on prepared baking sheet, skin side down. 4. Spread herb mixture evenly over each fillet, pressing gently to adhere. 5. Bake for 12-15 minutes until salmon flakes easily with a fork. 6. Serve immediately with lemon wedges. **Nutrition per serving:** 350 cal | 34g protein | 2g carbs | 22g fat | 0g fiber | 95mg sodium **Heart Health Benefits:** Excellent source of omega-3 fatty acids (EPA and DHA) which reduce inflammation and support heart health. Aim for 2 servings of fatty fish per week. **Serving Suggestions:** • Pair with quinoa pilaf and roasted asparagus • Serve over mixed greens for a hearty salad • Accompany with steamed broccoli and brown rice

LENTIL VEGETABLE SOUP *Prep: 15 min | Cook: 35 min | Serves: 6 | 280 cal/serving* **Ingredients:** • 1 tbsp olive oil • 1 large onion, diced • 3 carrots, diced • 3 celery stalks, diced • 4 cloves garlic, minced • 1 1/2 cups green or brown lentils, rinsed • 1 can (28 oz) diced tomatoes, no salt added • 6 cups low-sodium vegetable broth • 2 cups kale or spinach, chopped • 2 bay leaves • 1 tsp cumin • 1 tsp smoked paprika • 1/2 tsp oregano • Black pepper to taste • Fresh parsley for garnish **Instructions:** 1. Heat olive oil in a large pot over medium heat. 2. Add onion, carrots, and celery. Cook 5-7 minutes until softened. 3. Add garlic and cook 1 minute until fragrant. 4. Stir in lentils, tomatoes, broth, bay leaves, and spices. 5. Bring to a boil, then reduce heat and simmer 25-30 minutes until lentils are tender. 6. Remove bay leaves. Stir in kale/spinach and cook until wilted. 7. Serve hot, garnished with fresh parsley. **Nutrition per serving:** 280 cal | 16g protein | 48g carbs | 3g fat | 16g fiber | 420mg sodium **Heart Health Benefits:** Loaded with fiber, plant protein, and antioxidants. Lentils help lower cholesterol and stabilize blood sugar. **Storage:** Refrigerate up to 5 days or freeze up to 3 months. Flavor improves the next day!

GRILLED CHICKEN WITH HERB MARINADE *Prep: 10 min + marinating | Cook: 20 min | Serves: 4 | 280 cal/serving*
Marinade Ingredients: • 1/4 cup olive oil • 3 tbsp lemon juice • 4 cloves garlic, minced • 2 tbsp fresh rosemary, chopped • 2 tbsp fresh thyme • 1 tbsp Dijon mustard • Black pepper to taste **Chicken:** • 4 boneless, skinless chicken breasts (4-5 oz each) • Lemon wedges for serving **Instructions:** 1. Whisk together all marinade ingredients in a bowl. 2. Place chicken in a zip-top bag or shallow dish. Pour marinade over chicken. 3. Marinate in refrigerator 2-4 hours (or up to 8 hours). 4. Preheat grill to medium-high heat. 5. Remove chicken from marinade and grill 6-7 minutes per side until internal temperature reaches 165°F. 6. Let rest 5 minutes before serving. **Nutrition per serving:** 280 cal | 35g protein | 3g carbs | 14g fat | 0g fiber | 120mg sodium **Meal Prep Tip:** Grill extra chicken breasts for quick lunches throughout the week. Slice and add to salads, wraps, or grain bowls.

MEAL PREP GUIDE: SUNDAY SUCCESS

Spend 2-3 hours on Sunday preparing for the week ahead:

STEP 1: COOK GRAINS (30 minutes) • Cook 2-3 cups quinoa • Cook 2-3 cups brown rice • Cook 2 cups oats for the week • Store in airtight containers in refrigerator

STEP 2: PREP PROTEINS (45 minutes) • Grill 2 lbs chicken breast (slice for salads/wraps) • Bake 1 lb salmon (portion into 4-oz servings) • Hard boil 1 dozen eggs (quick breakfast/snacks) • Cook 1 lb ground turkey for chili/tacos

STEP 3: WASH & CHOP VEGETABLES (30 minutes) • Wash all greens, store with paper towel • Chop vegetables for roasting (carrots, broccoli, Brussels sprouts, sweet potato) • Cut cucumber, tomatoes, peppers for salads • Portion veggie sticks (carrots, celery) with hummus

STEP 4: BATCH COOK (30 minutes) • Make one large pot of soup (lentil, minestrone, or chicken) • Prepare overnight oats for 3-4 days • Mix trail mix portions into snack bags • Wash and portion fruit

STEP 5: ORGANIZE & LABEL (15 minutes) • Label all containers with contents and date • Organize refrigerator with meal components visible • Prep lunch containers for grab-and-go • Plan which nights you'll cook fresh vs. use prepped ingredients

Time-Saving Tips: ✓ Use one baking sheet for multiple vegetables ✓ Start grains first (they take longest) ✓ While grains cook, prep vegetables ✓ Use your grill for multiple proteins at once ✓ Invest in good storage containers ✓ Listen to music or podcast to make it enjoyable

What to Cook Fresh: • Fish (best cooked day-of) • Eggs for breakfast (5 minutes) • Quick sautés and stir-fries (15-20 minutes) • Steamed vegetables (best fresh)

DINING OUT GUIDE

Making Heart-Healthy Choices at Restaurants: BEFORE YOU GO: • Check menu online - plan your order • Don't arrive starving (have a small snack) • Drink water before meal • Commit to your healthy choice **AT THE RESTAURANT:**

Bread Basket Strategy: ✓ Ask server not to bring it, OR ✓ Have one piece, then ask them to remove it ✗ Don't mindlessly nibble while waiting **Ordering Like a Pro:** ✓ "Can I get that grilled instead of fried?" ✓ "Dressing on the side, please" ✓ "Steamed vegetables instead of fries" ✓ "Light on the cheese/sauce" ✓ "Can you box up half before serving?"

MENU CODE WORDS: CHOOSE (Heart-Healthy): • Grilled, Baked, Roasted, Steamed • Poached, Broiled • Fresh, Garden, Seasonal • Marinara, Tomato-based • Whole grain **AVOID (High in Sodium/Fat):** • Fried, Breaded, Crispy, Crunchy • Creamy, Alfredo, Cheese sauce • Smothered, Loaded, Stuffed • Pan-fried, Battered • Au gratin, Scalloped **BY CUISINE TYPE: Italian:** ✓ Grilled fish or chicken ✓ Marinara or wine sauce ✓ Whole wheat pasta (ask) ✓ House salad, vinaigrette ✗ Alfredo, carbonara ✗ Fried calamari ✗ Breadsticks unlimited **Mexican:** ✓ Grilled fajitas (go easy on cheese/sour cream) ✓ Black beans, not refried ✓ Salsa, pico de gallo ✓ Corn tortillas over flour ✗ Loaded nachos ✗ Chimichangas (fried) ✗ Queso dip **Chinese/Asian:** ✓ Steamed dumplings ✓ Stir-fry with light sauce ✓ Brown rice ✓ Steamed vegetables ✗ General Tso's, Orange Chicken ✗ Fried rice ✗ Egg rolls **American:** ✓ Grilled chicken sandwich ✓ Grilled fish ✓ Side salad, vegetables ✓ Baked potato (light toppings) ✗ Burger with fries ✗ Mac and cheese ✗ Loaded nachos **PORTION CONTROL TRICKS:** 1. Order appetizer as entrée 2. Split entrée with dining partner 3. Immediately box half for tomorrow 4. Order from "lighter fare" menu 5. Skip combo meals (usually too much) **BEVERAGE CHOICES:** ✓ Water (plain or sparkling) ✓ Unsweetened iced tea ✓ Coffee (black or with milk) ✓ One glass wine (optional) ✗ Sodas (even diet) ✗ Sweet tea ✗ Multiple alcoholic drinks **DESSERT STRATEGY:** • Share one dessert among table • Order coffee/tea instead • Fresh fruit if available • Sorbet over ice cream • Skip it - you're satisfied!

YOUR 30-DAY SUCCESS PLAN

Congratulations on completing your 30-day heart-healthy meal plan! You now have: • 120 complete, balanced meals • Proven Mediterranean diet recipes • Shopping lists and meal prep strategies • Restaurant dining guidelines • A sustainable eating pattern **What's Next? Week 5 and Beyond:** • Repeat favorite weeks • Mix and match meals you enjoyed • Try new recipes using same principles • Continue the Mediterranean lifestyle • Make it your new normal **Remember the Core Principles:** ✓ Vegetables at every meal ✓ Whole grains over refined ✓ Healthy fats (olive oil, nuts, avocado) ✓ Fish twice weekly ✓ Lean proteins ✓ Limit sodium (<2,300mg daily) ✓ Cook at home most days **Measure Your Success:** • Lower blood pressure readings • Improved cholesterol numbers • More energy throughout the day • Better sleep quality • Healthy weight management • Reduced inflammation • Overall feeling of wellness **Keep Going:** This isn't a "diet" - it's a lifestyle. The Mediterranean way of eating is sustainable for life because it's delicious, satisfying, and flexible. Listen to your body, enjoy your food, and celebrate every healthy choice you make. Your heart will thank you for years to come! ♥■

Questions? Contact ElinMed Cardiology
www.elinmed.com | Virtual Cardiology Consultations