




PRINTABLE · 4 WEEKS · 34 RECIPES

28-Day Mediterranean Meal Plan *for Women 25+*

Breakfast, lunch, dinner and a snack for every day · weekly grocery lists by store section · Sunday prep guides · calories and protein per serving · vegetarian and dairy-free swaps · pantry list · 28-day tracker

28	34	4	4
DAYS PLANNED	RECIPES	GROCERY LISTS	PREP GUIDES

COACH LUKE
NASM-CPT, CES, PES · NESTA Nutrition Coach · coachluke.com

+ FREE BONUS: 28 DAYS OF COACHING EMAILS

START HERE

Welcome to your 28 days

A letter from Coach Luke, plus what's inside

Hi, I'm Coach Luke. I've coached people in health and fitness for more than 20 years, and the eating pattern I come back to again and again is the Mediterranean one. Not because it's trendy, but because it's simple, flexible, and built on food people actually enjoy: vegetables, beans, whole grains, fish, olive oil, yogurt, herbs and lemon.

This plan takes the guesswork out of the first month. Every recipe in it is one of my own, published on coachluke.com, and every one is listed with calories and protein per serving. You cook a few times a week, leftovers become tomorrow's lunch, and one prep session on Sunday sets up the week.

A few honest notes before you start. This is a way of eating, not a diet with a finish line, and it doesn't promise a number on the scale. It's general education, not medical advice. If you have a medical condition, take medication, are pregnant or nursing, or have a history of disordered eating, check with your doctor or a registered dietitian before you change how you eat.

Make it yours. Swap a dinner you don't love for one you do, repeat favorites, and use the vegetarian and dairy-free swaps on every recipe page. Progress beats perfection.

Coach Luke

NASM-CPT, CES, PES · NESTA Nutrition Coach

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THE SYSTEM

How the plan works

Cook 6 nights, eat well all 7 days

SUNDAY

Prep day

One 60–90 minute session: a make-ahead breakfast, a lunch salad, and a head start on Day 1's dinner.

COOK

Dinner nights

Six cooking nights a week. Four dinners make 4 servings, two quick dinners make 2 and take 15–25 minutes.

NEXT DAY

Leftover lunches

Most lunches are last night's dinner. The Sunday salad covers Day 1 and Day 5.

DAY 7

Leftover night

No cooking. Reheat a dinner from earlier in the week, usually Day 4's.

Servings and leftovers

Recipes are printed exactly as published, and most make 4 servings. Cooking for one? Eat one serving for dinner, one for lunch the next day, and freeze, share or skip the extra two (or halve the recipe). Cooking for two? The 4-serving dinners cover dinner for both of you; add a second lunch salad on Sunday. Grocery lists buy every recipe as written.

About calories

Each day's base menu lands around 1,130–1,660 kcal and 80–135 g protein. That is a starting floor, not a target. The Dietary Guidelines for Americans estimate most adult women need roughly 1,600–2,400 kcal a day depending on age, size and activity. Eat until satisfied, and use the add-ons on page 7 to bring each day up to what your body needs.

Keep it safe

Refrigerate cooked food within 2 hours and eat leftovers within 3–4 days; freeze what you won't eat by then. Reheat until hot all the way through (165°F). Raw chicken, turkey and fish keep 1–2 days in the fridge: freeze what you'll cook later in the week and thaw it in the fridge overnight.

Swap freely

Any dinner can trade places with another in the same week. Love a recipe? Repeat it. Every recipe page has a vegetarian and a dairy-free swap, and page 6 has the general rules.

A TYPICAL WEEK AT A GLANCE

PREP	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Sunday prep	**Cook dinner A**	**Cook dinner B**	**Quick dinner**	**Cook dinner C**	**Cook dinner D**	**Quick dinner**	**Leftover night**
breakfast + lunch batch	lunch: Sunday salad	lunch: dinner A	lunch: dinner B	lunch: quick dinner	lunch: Sunday salad	lunch: dinner D	dinner C again

THE BASICS

The Mediterranean food list

What to eat often, enjoy regularly, keep for sometimes, and limit

EAT OFTEN

Every day

- Vegetables of every color
- Fruit, fresh or frozen
- Beans, lentils, chickpeas
- Whole grains: oats, quinoa, farro, brown rice, whole wheat pasta
- Extra virgin olive oil
- Nuts and seeds
- Herbs, spices, garlic, lemon

ENJOY REGULARLY

Several times a week

- Fish and seafood (aim for 2+ times a week)
- Greek yogurt, cottage cheese, feta
- Eggs
- Chicken and turkey

SOMETIMES

In smaller amounts

- Red meat
- Butter and cream
- Sweets and desserts
- Wine, if you drink

LIMIT

Keep these occasional

- Processed meats
- Sugary drinks
- Refined grains and white bread
- Ultra-processed snacks

Six simple swaps

Butter on toast ›
olive oil + tomato

Chips ›
olives, nuts or hummus + veg

White bread ›
whole-grain pita or bread

Soda ›
sparkling water + citrus

Creamy dressing ›
olive oil + lemon

Deli-meat sandwich ›
tuna or chickpea pita

THE PLATE IN ONE LINE

Half the plate vegetables, a palm or two of protein (fish, chicken, eggs, yogurt or beans), a fist of whole grains or potatoes, and a drizzle of olive oil. Water most of the time. Herbs, garlic and lemon do the rest.

STOCK UP ONCE

Pantry staples checklist

Buy these once and you're set for most of the month

Oils & vinegars

- [ ] Extra virgin olive oil
- [ ] Red wine vinegar
- [ ] Balsamic vinegar

Spices & dried herbs

- [ ] Dried oregano
- [ ] Smoked paprika
- [ ] Paprika
- [ ] Ground cinnamon
- [ ] Garlic powder
- [ ] Red pepper flakes
- [ ] Italian seasoning
- [ ] Bay leaves
- [ ] Kosher salt
- [ ] Black pepper

Cans & jars

- [ ] Chickpeas
- [ ] Cannellini / white beans
- [ ] Diced and crushed tomatoes
- [ ] Tuna in water
- [ ] Kalamata olives
- [ ] Capers
- [ ] Basil pesto
- [ ] Low-sodium chicken broth

Grains & legumes

- [ ] Rolled oats
- [ ] Quinoa
- [ ] Brown rice
- [ ] Whole wheat pasta
- [ ] Orzo
- [ ] Whole-grain couscous
- [ ] Dry brown lentils

Nuts, seeds & sweet

- [ ] Almonds or walnuts
- [ ] Pistachios
- [ ] Chia seeds
- [ ] Almond butter
- [ ] Honey
- [ ] Maple syrup
- [ ] Vanilla extract
- [ ] Baking powder

Fridge staples

- [ ] Dijon mustard
- [ ] Lemons
- [ ] Garlic
- [ ] Greek yogurt
- [ ] Feta
- [ ] Eggs

Store it right

Olive oil: keep it in a cool, dark cupboard, not next to the stove. **Fresh herbs:** trim the stems and stand them in a jar of water in the fridge. **Nuts:** store in the fridge or freezer so they stay fresh for months. **Opened cans:** move leftovers into a glass container and use within 3–4 days.

Money saver: frozen shrimp, frozen fish fillets, frozen berries and canned beans are just as useful as fresh here, and they don't go bad mid-week. Buy store-brand spices and olive oil in the largest size you'll use within a few months.

MAKE IT YOURS

Vegetarian & dairy-free swaps

General rules here, recipe-specific swaps on every recipe page

IF THE RECIPE HAS...	VEGETARIAN SWAP	DAIRY-FREE SWAP
Chicken or turkey	Chickpeas, white beans, lentils, firm tofu or halloumi	Naturally dairy-free
Fish or shrimp	White beans or halloumi (add near the end)	Naturally dairy-free
Greek yogurt	Already vegetarian	Unsweetened soy yogurt (closest in protein)
Feta or mozzarella	Already vegetarian	Skip it, or add olives, avocado or toasted nuts
Cottage cheese	Already vegetarian	An extra egg or ½ cup white beans
Chicken broth	Vegetable broth	Naturally dairy-free
Pesto	Check for animal rennet in the cheese	Dairy-free pesto (most store pestos contain cheese)
Butter	Already vegetarian	Extra virgin olive oil

Keep the protein up

Beans, lentils and chickpeas carry about 7–9 g protein per ½ cup, so a swap usually lands a little lower than the meat or fish it replaces.

Easy fixes: add ½ cup Greek or soy yogurt on the side, or an extra ½ cup of beans to the pan. Swaps change the printed calories and protein.

Gluten-free?

Use gluten-free pasta or orzo, quinoa in place of couscous, gluten-free pitas and English muffins, and certified gluten-free oats.

Check broth, pesto, granola and spice blends for hidden gluten.

Allergy check

This plan uses milk, eggs, fish, shellfish, tree nuts, wheat and sesame (in the hummus). If any of these is a problem for you, use the swaps above, skip the nut toppings, and choose a different dinner from the same week. Always read labels, since brands differ.

BETWEEN MEALS

Snack menu + add-ons

Nine no-recipe snacks, plus easy ways to eat more when you need it

Greek yogurt + berries

3/4 cup plain nonfat Greek yogurt, 1/2 cup berries

~135 KCAL · 17 G PROTEIN

Hummus + crunchy veg

1/4 cup hummus, 1 cup cucumber and bell pepper strips

~125 KCAL · 5 G PROTEIN

Apple + almonds

1 small apple, 15 almonds

~185 KCAL · 4 G PROTEIN

Eggs + cherry tomatoes

2 hard-boiled eggs, 1 cup cherry tomatoes

~170 KCAL · 13 G PROTEIN

Cottage cheese + cucumber

1/2 cup low-fat cottage cheese, sliced cucumber, pinch of oregano

~110 KCAL · 12 G PROTEIN

Feta, olives + tomato

1 oz feta, 5 olives, 1 sliced tomato

~130 KCAL · 4 G PROTEIN

Pistachios + orange

1 oz shelled pistachios (about 49), 1 orange

~220 KCAL · 7 G PROTEIN

Tuna cucumber rounds

1 pouch (2.5 oz) tuna in water, 1 tsp olive oil, lemon, cucumber rounds

~125 KCAL · 15 G PROTEIN

Pear + string cheese

1 medium pear, 1 part-skim string cheese

~180 KCAL · 7 G PROTEIN

Build your own snack

Pick **one protein** (Greek yogurt, cottage cheese, eggs, tuna, hummus, cheese) + **one produce** (fruit, cucumber, tomatoes, peppers) + a **little healthy fat** if you're hungry (nuts, olives, a drizzle of olive oil). That formula covers almost every snack in this plan.

ADD-ONS FOR HUNGRY DAYS

Slice of whole-grain bread + 1 tsp olive oil	about 120 kcal
A piece of fruit	about 60–100 kcal
½ cup cooked grains with dinner	about 100–110 kcal
A small handful of nuts (1 oz)	about 160–180 kcal
A second snack from the snack menu	about 110–220 kcal
A bigger portion of a recipe	scales with the portion

Snack values are approximate (USDA FoodData Central averages) and vary by brand and portion.

WEEK 1 · EASE IN

Week 1 meal plan

Days 1–7 · numbers are per serving; page numbers point to the recipe

	BREAKFAST	LUNCH	DINNER	SNACK
DAY 1	**Cottage Cheese Egg Bake** 246 kcal · 26 g P · p.21	**Mediterranean Lentil Salad** 532 kcal · 29 g P · p.31 FROM SUNDAY PREP	**Greek Lemon Chicken & Potatoes** 747 kcal · 42 g P · p.35 COOK	**Greek yogurt + berries** ~135 kcal · 17 g P · p.7 **DAY: 1,660 KCAL · 114 G P**
DAY 2	**Cottage Cheese Egg Bake** 246 kcal · 26 g P · p.21	**Greek Lemon Chicken & Potatoes** 747 kcal · 42 g P · p.35 LEFTOVERS	**Baked Cod with Tomatoes & Olives** 253 kcal · 32 g P · p.36 COOK	**Hummus + crunchy veg** ~125 kcal · 5 g P · p.7 **DAY: 1,371 KCAL · 105 G P**
DAY 3	**Cottage Cheese Egg Bake** 246 kcal · 26 g P · p.21	**Baked Cod with Tomatoes & Olives** 253 kcal · 32 g P · p.36 LEFTOVERS	**Garlic Lemon Shrimp with Couscous** 491 kcal · 33 g P · p.51 COOK · 2 SERVINGS	**Eggs + cherry tomatoes** ~170 kcal · 13 g P · p.7 **DAY: 1,160 KCAL · 104 G P**
DAY 4	**Greek Yogurt Breakfast Bowl** 384 kcal · 21 g P · p.22	**Garlic Lemon Shrimp with Couscous** 491 kcal · 33 g P · p.51 LEFTOVERS	**Greek Turkey Meatballs** 339 kcal · 39 g P · p.37 COOK	**Apple + almonds** ~185 kcal · 4 g P · p.7 **DAY: 1,399 KCAL · 97 G P**
DAY 5	**Cottage Cheese Egg Bake** 246 kcal · 26 g P · p.21	**Mediterranean Lentil Salad** 532 kcal · 29 g P · p.31 FROM SUNDAY PREP	**Mediterranean Stuffed Peppers** 420 kcal · 30 g P · p.38 COOK	**Cottage cheese + cucumber** ~110 kcal · 12 g P · p.7 **DAY: 1,308 KCAL · 97 G P**
DAY 6	**Cottage Cheese Egg Bake** 246 kcal · 26 g P · p.21	**Mediterranean Stuffed Peppers** 420 kcal · 30 g P · p.38 LEFTOVERS	**White Bean & Tomato Skillet** 441 kcal · 20 g P · p.52 COOK · 2 SERVINGS	**Feta, olives + tomato** ~130 kcal · 4 g P · p.7 **DAY: 1,237 KCAL · 80 G P**
DAY 7	**Greek Yogurt Protein Pancakes** 357 kcal · 22 g P · p.23	**White Bean & Tomato Skillet** 441 kcal · 20 g P · p.52 LEFTOVERS	**Greek Turkey Meatballs** 339 kcal · 39 g P · p.37 LEFTOVER NIGHT	**Pistachios + orange** ~220 kcal · 7 g P · p.7 **DAY: 1,357 KCAL · 88 G P**

WEEK 1 · SHOPPING

Week 1 grocery list

Organized by store section · buys every recipe as written

PRODUCE

☐ Baby spinach	2 × 5-oz bags
☐ Bananas	1
☐ Bell peppers	7
☐ Berries or other fresh fruit	1 cup
☐ Cherry tomatoes	5 cups
☐ Cucumbers	3
☐ Fresh dill	1 bunch
☐ Fresh parsley	2 bunches
☐ Garlic	20 cloves · 2 heads
☐ Green onions	1 bunch
☐ Lemons	5
☐ Oranges	1
☐ Red onions	1
☐ Small apples	1
☐ Tomatoes	1
☐ Yellow onions	1
☐ Yukon gold potatoes	1½ lb

BREAD, GRAINS & PASTA

☐ Dry brown lentils	2 cups
☐ Quinoa, cooked (½ cup dry)	1½ cups
☐ Rolled oats	1 cup
☐ Whole-grain couscous	¾ cup

MEAT & SEAFOOD

☐ 93% lean ground turkey	2½ lb
☐ Bone-in chicken thighs	2 lb
☐ Cod fillets	1½ lb
☐ Shrimp, peeled (fresh or frozen)	½ lb

DAIRY, EGGS & DELI

☐ Feta cheese	10 oz
☐ Hummus	¼ cup
☐ Large eggs	17 (~1½ dozen)
☐ Low-fat cottage cheese	2½ cups · 2 × 16 oz
☐ Plain Greek yogurt	3¼ cups · 1 × 32 oz
☐ Shredded part-skim mozzarella	1 cup

CANS & JARS

☐ Cannellini / white beans (15-oz cans)	1
☐ Capers	2 tbsp
☐ Diced tomatoes (14.5-oz cans)	2
☐ Kalamata olives	1 cup (1 jar)
☐ Low-sodium chicken broth	½ cup

PANTRY CHECK (see page 5)

Almonds or walnuts, Baking powder, Bay leaves, Chia seeds, Cinnamon, Dried oregano, Extra virgin olive oil, Garlic powder, Honey, Red pepper flakes, Red wine vinegar, Salt, Pepper, Shelled pistachios, Vanilla extract.

ALSO NEED

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

WEEK 1 · SUNDAY PREP

Week 1 Sunday prep guide

About 90 minutes · do it the day before Day 1, whatever day that is for you

1. **Start the lentils (25 min)**
   Simmer the dry brown lentils with the bay leaf for the **Mediterranean Lentil Salad**. Drain and cool.

2. **Bake the egg bake (40 min)**
   While the lentils cook, bake the **Cottage Cheese Egg Bake**. Cool, cut 6 squares: 3 go in the fridge for Days 1–3, 3 go in the freezer. Move the frozen squares to the fridge on the night of Day 4.

3. **Build the lunch salad (15 min)**
   Chop the cucumber, tomatoes, pepper, onion and parsley. Toss with the cooled lentils, dressing and feta. Pack 4 containers: Day 1 and Day 5 lunch, plus 2 spare.

4. **Cook the quinoa (15 min)**
   Cook ½ cup dry quinoa (makes about 1½ cups) for the **Stuffed Peppers** on Day 5. Fridge it in a covered container.

5. **Snack prep (10 min)**
   Hard-boil 2 eggs for Day 3. Cut cucumber and pepper strips for the hummus snack on Day 2.

6. **Optional head start**
   Juice 1 lemon, mince 4 garlic cloves and measure the oregano for Day 1's **Greek Lemon Chicken**. Cover and refrigerate.

HAVE READY

4 lunch containers · a 9x13-inch baking dish · a sheet pan and parchment · freezer bags or containers for the extra dinner portions · a marker to date your containers

MIDWEEK MINI-PREP

Night of Day 4: move the 3 frozen egg-bake squares to the fridge. Night of Day 6: nothing to prep, Day 7 is leftover night.

WEEK 2 · FIND YOUR RHYTHM

Week 2 meal plan

Days 8–14 · numbers are per serving; page numbers point to the recipe

	BREAKFAST	LUNCH	DINNER	SNACK
DAY 8	**Greek Yogurt Parfait Jars** 355 kcal · 26 g P · p.24	**Greek Chickpea Salad** 425 kcal · 17 g P · p.32 FROM SUNDAY PREP	**Chicken Souvlaki with Tzatziki** 397 kcal · 54 g P · p.39 COOK	**Tuna cucumber rounds** ~125 kcal · 15 g P · p.7 **DAY: 1,302 KCAL · 112 G P**
DAY 9	**Greek Yogurt Parfait Jars** 355 kcal · 26 g P · p.24	**Chicken Souvlaki with Tzatziki** 397 kcal · 54 g P · p.39 LEFTOVERS	**Salmon with Lemon & Dill** 384 kcal · 37 g P · p.40 COOK	**Apple + almonds** ~185 kcal · 4 g P · p.7 **DAY: 1,321 KCAL · 121 G P**
DAY 10	**Greek Yogurt Parfait Jars** 355 kcal · 26 g P · p.24	**Salmon with Lemon & Dill** 384 kcal · 37 g P · p.40 LEFTOVERS	**Sheet-Pan Salmon & Vegetables** 402 kcal · 35 g P · p.53 COOK · 2 SERVINGS	**Greek yogurt + berries** ~135 kcal · 17 g P · p.7 **DAY: 1,276 KCAL · 115 G P**
DAY 11	**Greek Yogurt Parfait Jars** 355 kcal · 26 g P · p.24	**Sheet-Pan Salmon & Vegetables** 402 kcal · 35 g P · p.53 LEFTOVERS	**Eggplant Chickpea Bake** 466 kcal · 20 g P · p.41 COOK	**Feta, olives + tomato** ~130 kcal · 4 g P · p.7 **DAY: 1,353 KCAL · 85 G P**
DAY 12	**Olive Oil Overnight Oats** 387 kcal · 17 g P · p.25	**Greek Chickpea Salad** 425 kcal · 17 g P · p.32 FROM SUNDAY PREP	**Caprese Chicken Skillet** 371 kcal · 49 g P · p.42 COOK	**Eggs + cherry tomatoes** ~170 kcal · 13 g P · p.7 **DAY: 1,353 KCAL · 96 G P**
DAY 13	**Olive Oil Overnight Oats** 387 kcal · 17 g P · p.25	**Caprese Chicken Skillet** 371 kcal · 49 g P · p.42 LEFTOVERS	**Lemon Garlic Chicken & Broccoli** 401 kcal · 43 g P · p.54 COOK · 2 SERVINGS	**Pear + string cheese** ~180 kcal · 7 g P · p.7 **DAY: 1,339 KCAL · 116 G P**
DAY 14	**Mediterranean Veggie Egg Scramble** 348 kcal · 17 g P · p.26	**Lemon Garlic Chicken & Broccoli** 401 kcal · 43 g P · p.54 LEFTOVERS	**Eggplant Chickpea Bake** 466 kcal · 20 g P · p.41 LEFTOVER NIGHT	**Hummus + crunchy veg** ~125 kcal · 5 g P · p.7 **DAY: 1,340 KCAL · 85 G P**

WEEK 2 · SHOPPING

Week 2 grocery list

Organized by store section · buys every recipe as written

PRODUCE

☐ Baby spinach	1 × 5-oz bag
☐ Bell peppers	2
☐ Berries or other fresh fruit	3½ cups
☐ Broccoli florets	6 cups
☐ Cherry tomatoes	8 cups
☐ Cucumbers	3
☐ Eggplant, large	1
☐ Fresh basil	1 bunch
☐ Fresh dill	1 bunch
☐ Fresh parsley	1 bunch
☐ Garlic	20 cloves · 2 heads
☐ Lemons	6
☐ Pears	1
☐ Red onions	2
☐ Small apples	1
☐ Tomatoes	2
☐ Yellow onions	1
☐ Zucchini	2

BREAD, GRAINS & PASTA

☐ Granola	¾ cup
☐ Rolled oats	1 cup

MEAT & SEAFOOD

☐ Boneless skinless chicken breast	4½ lb
☐ Salmon fillets	2¼ lb

DAIRY, EGGS & DELI

☐ Butter	1 tbsp
☐ Feta cheese	10 oz
☐ Fresh mozzarella	4 oz
☐ Hummus	¼ cup
☐ Large eggs	4
☐ Milk (dairy or unsweetened plant)	1 cup
☐ Part-skim string cheese	1
☐ Plain Greek yogurt	6¼ cups · 2 × 32 oz

CANS & JARS

☐ Chickpeas (15-oz cans)	4
☐ Crushed tomatoes (28-oz can)	1
☐ Kalamata olives	1 cup (1 jar)
☐ Low-sodium chicken broth	½ cup
☐ Tuna pouches in water (2.5 oz)	1

PANTRY CHECK (see page 5)

Almonds or walnuts, Balsamic vinegar, Black pepper, Cinnamon, Dried oregano, Extra virgin olive oil, Honey, Italian seasoning, Red pepper flakes, Salt (kosher or fine), Vanilla extract.

ALSO NEED

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

WEEK 2 · SUNDAY PREP

Week 2 Sunday prep guide

About 60 minutes · do it the day before Day 8, whatever day that is for you

1. **Make the lunch salad (15 min)**
   Toss the **Greek Chickpea Salad** (no cooking). Pack 3 containers: Day 1 lunch plus 2 spare (eat by Day 4). Keep the feta on top so it stays firm.

2. **Build 4 parfait jars (10 min)**
   Layer yogurt, honey, vanilla and berries for the **Greek Yogurt Parfait Jars** (Days 1–4). Bag the granola and almonds separately and add them each morning so they stay crunchy.

3. **Prep the souvlaki marinade (10 min)**
   Mix the souvlaki marinade and refrigerate it. Add the cubed chicken on the morning of Day 1 (no more than 8 hours before grilling). Stir together the tzatziki.

4. **Prep the vegetables (15 min)**
   Cut broccoli for Day 3's **Sheet-Pan Salmon** and Day 6's **Lemon Garlic Chicken**. Slice the eggplant and onion for Day 4 if you have room in the fridge.

5. **Snack prep (10 min)**
   Hard-boil 2 eggs for Day 5. Wash the apple, pear and cherry tomatoes.

HAVE READY

4 lunch containers · 4 pint jars for the parfaits (plus 2 for overnight oats) · a small bag for the granola topping · a baking dish for the eggplant bake · freezer containers for extra portions

GOOD TO KNOW

The chickpea salad keeps 4 days, so pack the Day 5 lunch undressed: chickpeas and vegetables in one container, dressing and feta in another. Combine them the morning of Day 5.

MIDWEEK MINI-PREP

Night of Day 4: mix 2 jars of **Olive Oil Overnight Oats** for Days 5 and 6.

WEEK 3 · MAKE IT YOURS

Week 3 meal plan

Days 15–21 · numbers are per serving; page numbers point to the recipe

	BREAKFAST	LUNCH	DINNER	SNACK
DAY 15	**Cottage Cheese Egg Bites** 289 kcal · 25 g P · p.27	**Chicken & Quinoa Jar Salads** 633 kcal · 58 g P · p.33 FROM SUNDAY PREP	**Chicken Gyro Bowls** 510 kcal · 44 g P · p.43 COOK	**Hummus + crunchy veg** ~125 kcal · 5 g P · p.7 **DAY: 1,557 KCAL · 132 G P**
DAY 16	**Cottage Cheese Egg Bites** 289 kcal · 25 g P · p.27	**Chicken Gyro Bowls** 510 kcal · 44 g P · p.43 LEFTOVERS	**Shrimp & Feta Orzo** 478 kcal · 47 g P · p.44 COOK	**Greek yogurt + berries** ~135 kcal · 17 g P · p.7 **DAY: 1,412 KCAL · 133 G P**
DAY 17	**Berry Protein Smoothie** 387 kcal · 27 g P · p.28	**Shrimp & Feta Orzo** 478 kcal · 47 g P · p.44 LEFTOVERS	**White Bean & Tomato Skillet** 441 kcal · 20 g P · p.52 COOK · 2 SERVINGS	**Pistachios + orange** ~220 kcal · 7 g P · p.7 **DAY: 1,526 KCAL · 101 G P**
DAY 18	**Cottage Cheese Egg Bites** 289 kcal · 25 g P · p.27	**White Bean & Tomato Skillet** 441 kcal · 20 g P · p.52 LEFTOVERS	**Greek Salad with Grilled Chicken** 501 kcal · 43 g P · p.45 COOK	**Cottage cheese + cucumber** ~110 kcal · 12 g P · p.7 **DAY: 1,341 KCAL · 100 G P**
DAY 19	**Cottage Cheese Egg Bites** 289 kcal · 25 g P · p.27	**Chicken & Quinoa Jar Salads** 633 kcal · 58 g P · p.33 FROM SUNDAY PREP	**Turkey Pesto Meatballs** 362 kcal · 36 g P · p.46 COOK	**Tuna cucumber rounds** ~125 kcal · 15 g P · p.7 **DAY: 1,409 KCAL · 134 G P**
DAY 20	**Protein Overnight Oats** 396 kcal · 27 g P · p.29	**Turkey Pesto Meatballs** 362 kcal · 36 g P · p.46 LEFTOVERS	**Sheet-Pan Salmon & Vegetables** 402 kcal · 35 g P · p.53 COOK · 2 SERVINGS	**Apple + almonds** ~185 kcal · 4 g P · p.7 **DAY: 1,345 KCAL · 102 G P**
DAY 21	**Cottage Cheese Scrambled Eggs** 413 kcal · 29 g P · p.30	**Sheet-Pan Salmon & Vegetables** 402 kcal · 35 g P · p.53 LEFTOVERS	**Turkey Pesto Meatballs** 362 kcal · 36 g P · p.46 LEFTOVER NIGHT	**Eggs + cherry tomatoes** ~170 kcal · 13 g P · p.7 **DAY: 1,347 KCAL · 113 G P**

WEEK 3 · SHOPPING

Week 3 grocery list

Organized by store section · buys every recipe as written

PRODUCE

☐ Baby spinach	1 × 5-oz bag
☐ Bananas	1
☐ Bell peppers	2
☐ Berries or other fresh fruit	½ cup
☐ Broccoli florets	2 cups
☐ Cherry tomatoes	8 cups
☐ Cucumbers	5
☐ Fresh chives	1 bunch
☐ Fresh dill	1 bunch
☐ Fresh parsley	1 bunch
☐ Garlic	12 cloves · 2 heads
☐ Lemons	3
☐ Oranges	1
☐ Red onions	2
☐ Romaine lettuce	2 heads
☐ Small apples	1
☐ Yellow onions	2

MEAT & SEAFOOD

☐ 93% lean ground turkey	1½ lb
☐ Boneless skinless chicken breast	3¼ lb
☐ Boneless skinless chicken thighs	1½ lb
☐ Salmon fillets	¾ lb
☐ Shrimp, peeled (fresh or frozen)	1½ lb

FROZEN

☐ Frozen mixed berries	1 cup

DAIRY, EGGS & DELI

☐ Feta cheese	11 oz
☐ Grated parmesan	¼ cup
☐ Hummus	¼ cup
☐ Large eggs	17 (~1½ dozen)
☐ Low-fat cottage cheese	2 cups · 1 × 16 oz
☐ Milk (dairy or unsweetened plant)	½ cup
☐ Plain Greek yogurt	3½ cups · 1 × 32 oz
☐ Shredded cheddar	1 cup
☐ Unsweetened almond milk	1 cup

BREAD, GRAINS & PASTA

☐ Brown rice, cooked (1 cup dry)	3 cups
☐ Orzo	1 cup
☐ Quinoa, cooked (2/3 cup dry)	2 cups
☐ Rolled oats	½ cup
☐ Whole wheat English muffins	2

CANS & JARS

☐ Almond butter	1 tbsp
☐ Basil pesto (jar)	¼ cup
☐ Cannellini / white beans (15-oz cans)	1
☐ Chickpeas (15-oz cans)	1
☐ Diced tomatoes (14.5-oz cans)	2
☐ Kalamata olives	½ cup (1 jar)
☐ Low-sodium chicken broth	1½ cups
☐ Tuna pouches in water (2.5 oz)	1

PANTRY CHECK (see page 5)

Almonds or walnuts, Balsamic vinegar, Black pepper, Chia seeds, Dijon mustard, Dried oregano, Extra virgin olive oil, Garlic powder, Honey, Maple syrup, Red pepper flakes, Red wine vinegar, Salt (kosher or fine), Shelled pistachios, Smoked paprika, Vanilla extract.

WEEK 3 · SUNDAY PREP

Week 3 Sunday prep guide

About 90 minutes · do it the day before Day 15, whatever day that is for you

1. **Cook the grains (20 min)**
   Cook 2/3 cup dry quinoa (about 2 cups cooked) for the jar salads and 1 cup dry brown rice (about 3 cups cooked) for Day 1's **Chicken Gyro Bowls**. Pouches work too.

2. **Cook the jar-salad chicken (22 min)**
   Roast 1¾ lb raw chicken breast (makes 1¼ lb cooked) at 425°F, 18–22 min, to 165°F. Dice.

3. **Bake the egg bites (22 min)**
   Bake the **Cottage Cheese Egg Bites**. Fridge the portions for Days 1, 2 and 4; freeze the Day 5 portion and move it to the fridge on the night of Day 3.

4. **Pack 3 jar salads (15 min)**
   Dressing on the bottom, then chickpeas, tomatoes, cucumber, onion, quinoa, chicken, feta and romaine on top. Day 1 lunch plus 2 spare (eat by Day 4).

5. **Marinate the gyro chicken (10 min)**
   Coat the chicken thighs in the spice mix for Day 1 and make the tzatziki.

HAVE READY

4 quart jars (or tall containers) for the jar salads · a muffin tin for the egg bites · a sheet pan · a meat thermometer · freezer containers for extra portions

GOOD TO KNOW

Jar salads keep 4 days, so the Day 5 jar gets packed later. Freeze a quarter of the diced chicken and cooked quinoa today, move them to the fridge on the night of Day 3, and pack the Day 5 jar on the night of Day 4. Day 7 leftover night this week is Day 5's **Turkey Pesto Meatballs**, since Day 4's salad doesn't reheat.

MIDWEEK MINI-PREP

Night of Day 3: move the frozen egg bites, chicken and quinoa to the fridge. Night of Day 5: mix 1 jar of **Protein Overnight Oats** for Day 6. Hard-boil 2 eggs for Day 7.

WEEK 4 · OWN THE ROUTINE

Week 4 meal plan

Days 22–28 · numbers are per serving; page numbers point to the recipe

	BREAKFAST	LUNCH	DINNER	SNACK
DAY 22	**Greek Yogurt Parfait Jars** 355 kcal · 26 g P · p.24	**Tuna Pasta Salad** 406 kcal · 35 g P · p.34 FROM SUNDAY PREP	**Grilled Chicken Kabobs** 390 kcal · 50 g P · p.47 COOK	**Feta, olives + tomato** ~130 kcal · 4 g P · p.7 **DAY: 1,281 KCAL · 115 G P**
DAY 23	**Greek Yogurt Parfait Jars** 355 kcal · 26 g P · p.24	**Grilled Chicken Kabobs** 390 kcal · 50 g P · p.47 LEFTOVERS	**Lemon Garlic Shrimp & White Beans** 488 kcal · 41 g P · p.48 COOK	**Pear + string cheese** ~180 kcal · 7 g P · p.7 **DAY: 1,413 KCAL · 124 G P**
DAY 24	**Greek Yogurt Parfait Jars** 355 kcal · 26 g P · p.24	**Lemon Garlic Shrimp & White Beans** 488 kcal · 41 g P · p.48 LEFTOVERS	**Garlic Lemon Shrimp with Couscous** 491 kcal · 33 g P · p.51 COOK · 2 SERVINGS	**Greek yogurt + berries** ~135 kcal · 17 g P · p.7 **DAY: 1,469 KCAL · 117 G P**
DAY 25	**Greek Yogurt Parfait Jars** 355 kcal · 26 g P · p.24	**Garlic Lemon Shrimp with Couscous** 491 kcal · 33 g P · p.51 LEFTOVERS	**Pesto Chicken Pasta with Spinach** 589 kcal · 48 g P · p.49 COOK	**Eggs + cherry tomatoes** ~170 kcal · 13 g P · p.7 **DAY: 1,605 KCAL · 120 G P**
DAY 26	**Protein Overnight Oats** 396 kcal · 27 g P · p.29	**Pesto Chicken Pasta with Spinach** 589 kcal · 48 g P · p.49 LEFTOVERS	**Lemon Butter Tilapia** 254 kcal · 35 g P · p.50 COOK	**Hummus + crunchy veg** ~125 kcal · 5 g P · p.7 **DAY: 1,364 KCAL · 115 G P**
DAY 27	**Mediterranean Veggie Egg Scramble** 348 kcal · 17 g P · p.26	**Lemon Butter Tilapia** 254 kcal · 35 g P · p.50 LEFTOVERS	**Lemon Garlic Chicken & Broccoli** 401 kcal · 43 g P · p.54 COOK · 2 SERVINGS	**Tuna cucumber rounds** ~125 kcal · 15 g P · p.7 **DAY: 1,128 KCAL · 110 G P**
DAY 28	**Greek Yogurt Protein Pancakes** 357 kcal · 22 g P · p.23	**Lemon Garlic Chicken & Broccoli** 401 kcal · 43 g P · p.54 LEFTOVERS	**Pesto Chicken Pasta with Spinach** 589 kcal · 48 g P · p.49 LEFTOVER NIGHT	**Cottage cheese + cucumber** ~110 kcal · 12 g P · p.7 **DAY: 1,457 KCAL · 125 G P**

WEEK 4 · SHOPPING

Week 4 grocery list

Organized by store section · buys every recipe as written

PRODUCE

☐ Baby spinach	3 × 5-oz bags
☐ Bananas	1
☐ Bell peppers	2
☐ Berries or other fresh fruit	2½ cups
☐ Broccoli florets	4 cups
☐ Celery	1 cup
☐ Cherry tomatoes	2 cups
☐ Cucumbers	2
☐ Fresh dill	1 bunch
☐ Fresh parsley	1 bunch
☐ Garlic	20 cloves · 2 heads
☐ Lemons	6
☐ Pears	1
☐ Red onions	2
☐ Tomatoes	2
☐ Zucchini	1

BREAD, GRAINS & PASTA

☐ Granola	¾ cup
☐ Rolled oats	1½ cups
☐ Whole wheat pasta	16 oz
☐ Whole-grain couscous	¾ cup

FROZEN

☐ Frozen peas	1 cup

MEAT & SEAFOOD

☐ Boneless skinless chicken breast	4 lb
☐ Shrimp, peeled (fresh or frozen)	2 lb
☐ Tilapia fillets	1½ lb

DAIRY, EGGS & DELI

☐ Butter	3 tbsp
☐ Feta cheese	2 oz
☐ Grated parmesan	¼ cup
☐ Hummus	¼ cup
☐ Large eggs	6
☐ Low-fat cottage cheese	½ cup · 1 × 16 oz
☐ Milk (dairy or unsweetened plant)	½ cup
☐ Part-skim string cheese	1
☐ Plain Greek yogurt	7¾ cups · 3 × 32 oz

CANS & JARS

☐ Basil pesto (jar)	½ cup
☐ Cannellini / white beans (15-oz cans)	2
☐ Kalamata olives	1 small jar
☐ Low-sodium chicken broth	4 cups (32 oz)
☐ Mayonnaise	2 tbsp
☐ Tuna in water (5-oz cans)	3
☐ Tuna pouches in water (2.5 oz)	1

PANTRY CHECK (see page 5)

Almonds or walnuts, Baking powder, Black pepper, Chia seeds, Cinnamon, Dijon mustard, Dried oregano, Extra virgin olive oil, Honey, Maple syrup, Paprika, Red pepper flakes, Salt (kosher or fine), Smoked paprika, Vanilla extract.

WEEK 4 · SUNDAY PREP

Week 4 Sunday prep guide

About 60 minutes · do it the day before Day 22, whatever day that is for you

1. **Make the lunch salad (25 min)**
   Cook the pasta for the **Tuna Pasta Salad**, rinse cold, and mix with the dressing, tuna, celery, onion, peas and dill. Pack 4 containers: Day 1 lunch plus 3 portions to share or use as extra lunches. Eat it by Day 4 (Day 5's lunch is pesto pasta leftovers instead).

2. **Build 4 parfait jars (10 min)**
   Same as Week 2: yogurt, honey, vanilla and berries in jars for Days 1–4; granola and almonds in a separate bag.

3. **Prep the kabobs (20 min)**
   Cube the chicken, whisk the lemon-oregano marinade, and cut the vegetables for Day 1's **Grilled Chicken Kabobs**. Keep the chicken out of the marinade until the morning of Day 1.

4. **Thaw the shrimp**
   If your shrimp is frozen, move it to the fridge the night before Day 2.

HAVE READY

4 lunch containers · 4 pint jars for the parfaits (plus 1 for overnight oats) · skewers (soak wooden ones 30 minutes) · freezer containers for extra portions

MIDWEEK MINI-PREP

Night of Day 3: hard-boil 2 eggs for Day 4. Night of Day 4: mix 1 jar of **Protein Overnight Oats** for Day 5.

ALL 34 RECIPES

Recipe index

Every recipe is a Coach Luke original from coachluke.com

BREAKFASTS

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MAKE-AHEAD LUNCHES

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DINNERS

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Grilled Chicken Kabobs	390 kcal · 50 g P	47
Lemon Garlic Shrimp & White Beans	488 kcal · 41 g P	48
Pesto Chicken Pasta with Spinach	589 kcal · 48 g P	49
Lemon Butter Tilapia	254 kcal · 35 g P	50

15–25 MINUTE DINNERS

Garlic Lemon Shrimp with Couscous	491 kcal · 33 g P	51
White Bean & Tomato Skillet	441 kcal · 20 g P	52
Sheet-Pan Salmon & Vegetables	402 kcal · 35 g P	53
Lemon Garlic Chicken & Broccoli	401 kcal · 43 g P	54



High-Protein Cottage Cheese Egg Bake

Serves 6 · Prep 10 min · Cook 40 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
246	26 g	6 g	13 g	1 g

per serving

INGREDIENTS

- 12 large eggs
- 2 cups low-fat cottage cheese
- 1 cup shredded part-skim mozzarella cheese
- 3 cups baby spinach, roughly chopped
- 1 red bell pepper, diced
- ½ cup green onions, sliced
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon olive oil, for the dish

METHOD

1. Preheat the oven to 375°F (190°C). Rub a 9x13-inch baking dish with the olive oil.
2. In a large bowl, whisk the eggs until smooth. Stir in the cottage cheese, half the mozzarella, garlic powder, salt and pepper.
3. Fold in the spinach, bell pepper and green onions.
4. Pour into the dish and scatter the remaining mozzarella over the top.
5. Bake for 35–40 minutes, until the center is set and the edges are lightly golden. A knife in the middle should come out clean.
6. Cool for 10 minutes, then cut into 6 squares. Store in the fridge for up to 4 days or freeze individual squares.

COACH'S NOTE

To reheat, microwave a square for 60–90 seconds. Full-fat cottage cheese works too and adds a little richness. Swap the spinach for any cooked vegetable you have, and use feta or cheddar if you prefer.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Skip the cottage cheese and mozzarella; use 4 more eggs plus 1/2 cup unsweetened plant milk. Protein drops a little.

On the plan: Day 1, Day 2, Day 3, Day 5, Day 6

Freezer-friendly · coachluke.com/high-protein-cottage-cheese-egg-bake/



Greek Yogurt Breakfast Bowl

Serves 1 · Prep 5 min · No cooking

CALORIES	PROTEIN	CARBS	FAT	FIBER
384	21 g	40 g	18 g	8 g

per serving

INGREDIENTS

- ¾ cup plain Greek yogurt, full-fat or low-fat
- ½ cup fresh berries or chopped fruit
- 2 tablespoons chopped walnuts or almonds
- 1 tablespoon honey, or a sprinkle of cinnamon
- 1 tablespoon chia seeds or ground flaxseed, optional

METHOD

1. Spoon the Greek yogurt into a bowl.
2. Top with your fruit and nuts.
3. Drizzle with honey or sprinkle with cinnamon.
4. Add chia or flax seeds if you want extra fiber.

COACH'S NOTE

Choose plain yogurt instead of flavored. Flavored yogurts often hide a lot of added sugar. To prep ahead, layer everything in a jar the night before and grab it on your way out the door.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Use an unsweetened soy or coconut yogurt. Soy yogurt keeps the most protein.

On the plan: Day 4

coachluke.com/mediterranean-diet-breakfast-recipes/



Greek Yogurt Protein Pancakes

Serves 2 · Prep 5 min · Cook 10 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
357	22 g	46 g	9 g	6 g

per serving

INGREDIENTS

- 1 cup rolled oats
- 1 cup plain Greek yogurt
- 2 large eggs
- 1 ripe banana
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- 1 pinch salt
- 1 teaspoon olive oil or butter, for the pan

METHOD

1. Add the oats to a blender and blend 20 seconds until they look like flour.
2. Add the yogurt, eggs, banana, baking powder, vanilla, cinnamon and salt. Blend until smooth, then let the batter rest 5 minutes to thicken.
3. Heat a nonstick pan over medium heat and grease lightly.
4. Pour about 1/4 cup batter per pancake. Cook 2–3 minutes until bubbles form and the edges set, then flip and cook 1–2 minutes more.
5. Repeat with the rest of the batter, keeping finished pancakes warm. Makes about 8 small pancakes.

COACH'S NOTE

Top with berries and a spoonful of Greek yogurt instead of syrup for extra protein. The batter keeps overnight in the fridge, and cooked pancakes freeze well; toast them straight from frozen.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Use plant yogurt, and olive oil (not butter) for the pan. Pancakes will be a bit softer and lower in protein.

On the plan: Day 7, Day 28

coachluke.com/greek-yogurt-protein-pancakes/



Greek Yogurt Parfait Jars

Serves 4 · Prep 10 min · No cooking

CALORIES	PROTEIN	CARBS	FAT	FIBER
355	26 g	43 g	10 g	4 g

per serving

INGREDIENTS

- 4 cups plain nonfat Greek yogurt
- 2 tbsp honey
- 1 tsp vanilla extract
- 2 cups mixed berries
- ¾ cup granola
- ¼ cup sliced almonds

METHOD

1. Stir the yogurt, honey, and vanilla together in a bowl.
2. Spoon half the yogurt mixture into 4 jars, then add half the berries. Repeat with the remaining yogurt and berries.
3. Seal and refrigerate up to 4 days.
4. Keep the granola and almonds in a separate small container or bag.
5. When it's time to eat, top the jar with granola and almonds. Added any earlier, they go soft — this step is the difference between a parfait and a regret.

COACH'S NOTE

Frozen berries release a little juice as they thaw and turn the layer jammy — some people prefer it that way.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Use unsweetened soy yogurt; check that your granola has no milk powder.

On the plan: Day 8, Day 9, Day 10, Day 11, Day 22, Day 23, Day 24, Day 25

coachluke.com/greek-yogurt-parfait/



Overnight Oats with Olive Oil and Fruit

Serves 1 · Prep 5 min · No cooking

CALORIES	PROTEIN	CARBS	FAT	FIBER
387	17 g	47 g	16 g	7 g

per serving

INGREDIENTS

- ½ cup rolled oats
- ½ cup milk, dairy or unsweetened plant-based
- ¼ cup Greek yogurt
- 1 teaspoon extra virgin olive oil
- ½ cup diced apple, pear, or berries
- 1 tablespoon chopped nuts
- 1 pinch cinnamon

METHOD

1. In a jar or container, stir together the oats, milk, yogurt, and olive oil.
2. Add the cinnamon and mix well.
3. Cover and refrigerate overnight (at least 4 hours).
4. In the morning, top with fruit and nuts. Enjoy cold, or warm for a minute if you prefer.

COACH'S NOTE

A small drizzle of olive oil adds a smooth richness and a dose of healthy fat. If it's new to you, start with just a teaspoon.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Use unsweetened soy, oat or almond milk and plant yogurt.

On the plan: Day 12, Day 13

coachluke.com/mediterranean-diet-breakfast-recipes/



Mediterranean Veggie Egg Scramble

Serves 1 · Prep 3 min · Cook 7 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
348	17 g	4 g	30 g	1 g

per serving

INGREDIENTS

- 2 large eggs
- 1 tablespoon extra virgin olive oil
- ¼ cup diced tomatoes
- ¼ cup chopped spinach
- 2 tablespoons crumbled feta cheese
- 1 pinch dried oregano
- salt and pepper to taste

METHOD

1. Heat the olive oil in a nonstick pan over medium heat.
2. Add the tomatoes and spinach. Cook for 1–2 minutes until the spinach wilts.
3. Whisk the eggs in a bowl, then pour them into the pan.
4. Gently scramble until the eggs are just set.
5. Sprinkle with feta, oregano, salt, and pepper.

COACH'S NOTE

Serve with a slice of whole-grain toast drizzled with a little olive oil. Swap in whatever veggies you have: bell peppers, onions, mushrooms, or zucchini all work.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Skip the feta; finish with olives and a squeeze of lemon instead.

On the plan: Day 14, Day 27

coachluke.com/mediterranean-diet-breakfast-recipes/



Cottage Cheese Egg Bites

Serves 4 · Prep 10 min · Cook 22 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
289	25 g	4 g	19 g	1 g

per serving

INGREDIENTS

- 8 large eggs
- 1 cup low-fat cottage cheese
- 1 cup shredded cheddar cheese
- 1 cup fresh spinach
- ½ cup red bell pepper
- ¼ tsp salt
- ¼ tsp black pepper

METHOD

1. Preheat the oven to 350°F. Grease a 12-cup nonstick muffin tin well, bottoms and sides.
2. Blend the eggs and cottage cheese in a blender for about 30 seconds, until completely smooth.
3. Stir in the cheddar, spinach, bell pepper, salt, and black pepper. Don't blend the vegetables; you want small pieces, not green eggs.
4. Divide the mixture evenly among the 12 cups, filling each about three-quarters full.
5. Bake 20 to 24 minutes, until the centers are just set and no longer jiggly.
6. Cool 5 minutes in the pan, then run a thin knife or silicone spatula around each bite to release. They deflate slightly as they cool; that's normal.

COACH'S NOTE

Store in the fridge up to 4 days. Reheat 3 bites for 30 to 45 seconds in the microwave.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Replace cottage cheese and cheese with extra egg and 1/4 cup plant milk; add chopped olives for flavor.

On the plan: Day 15, Day 16, Day 18, Day 19

Freezer-friendly · coachluke.com/cottage-cheese-egg-bites/



BREAKFASTS

Berry Protein Smoothie (No Powder Needed)

Serves 1 · Prep 5 min · No cooking

CALORIES	PROTEIN	CARBS	FAT	FIBER
387	27 g	44 g	14 g	8 g

per serving

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup plain nonfat Greek yogurt
- 1 cup frozen mixed berries
- ½ banana
- 1 tbsp almond butter

METHOD

1. Pour the almond milk into the blender first — liquid at the bottom keeps everything moving.
2. Add the yogurt, then the frozen berries, banana, and almond butter.
3. Blend 45 to 60 seconds, until completely smooth. If it fights the blender, add a splash more milk.
4. Drink right away, or see the notes for the make-ahead trick.

COACH'S NOTE

Make-ahead: load jars with everything except the milk and freeze; in the morning, dump into the blender with the milk. The chocolate peanut butter and green versions in the article use this same base.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Use soy yogurt and soy milk to keep protein close to the original.

On the plan: Day 17

coachluke.com/protein-smoothie-recipes/



Protein Overnight Oats (Base Recipe)

Serves 1 · Prep 5 min · No cooking

CALORIES	PROTEIN	CARBS	FAT	FIBER
396	27 g	54 g	8 g	8 g

per serving

INGREDIENTS

- ½ cup rolled oats
- ¾ cup plain nonfat Greek yogurt
- ½ cup low-fat milk
- 1 tbsp chia seeds
- 2 tsp maple syrup
- ¼ tsp vanilla extract
- 1 pinch salt

METHOD

1. Stir everything together in a jar or container until no dry oats remain.
2. Seal and refrigerate at least 4 hours, ideally overnight.
3. In the morning, stir once and adjust: a splash of milk if it's too thick, and whatever topping the day calls for.
4. Eat cold, straight from the jar — that's the whole point.

COACH'S NOTE

Make 4 jars on Sunday and breakfast is done through Thursday — jars keep 4 days. The five flavor builds are in the article.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Use soy milk and soy yogurt (or a plant protein powder).

On the plan: Day 20, Day 26

coachluke.com/protein-overnight-oats/



Cottage Cheese Scrambled Eggs

Serves 2 · Prep 5 min · Cook 8 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
413	29 g	27 g	21 g	4 g

per serving

INGREDIENTS

- 6 large eggs
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder
- 1 tbsp olive oil
- 1 cup baby spinach
- ½ cup low fat cottage cheese
- 2 tbsp chopped fresh chives
- 2 whole wheat english muffins

COACH'S NOTE

For a smoother texture, blend the cottage cheese for 10 seconds before adding it. Leftovers keep 3 days in the fridge; reheat gently in a skillet over low heat with a splash of water.

METHOD

1. Split and toast the english muffins so they are ready when the eggs are. Eggs wait for no one.
2. Crack the eggs into a bowl with the salt, pepper, and garlic powder. Whisk for a full 30 seconds until no streaks of white remain and the mixture is slightly frothy.
3. Heat the olive oil in a nonstick skillet over medium low. Add the spinach and stir for about 1 minute until it just wilts.
4. Pour in the eggs. Let them sit for 20 seconds, then push them slowly from the edges toward the center with a silicone spatula. Keep the heat low and keep folding; this should take 3 to 4 minutes.
5. When the eggs are about 80 percent set and still look glossy and slightly wet on top, take the pan off the heat.
6. Spoon in the cottage cheese and fold it through gently for 30 seconds. The residual heat warms it and the eggs finish cooking without drying out.
7. Stir in the chives, taste, and add a pinch more pepper if you like. Serve immediately over the toasted english muffin halves.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Scramble the eggs with olive oil; skip the cottage cheese and add 1/2 cup white beans.

On the plan: Day 21

coachluke.com/cottage-cheese-scrambled-eggs/



MAKE-AHEAD LUNCHES

Mediterranean Lentil Salad

Serves 4 · Prep 15 min · Cook 25 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
532	29 g	61 g	21 g	23 g

per serving

INGREDIENTS

- 2 cups dry brown lentils
- 1 bay leaf
- ¼ cup olive oil
- 3 tbsp red wine vinegar
- 2 cloves garlic
- 1 tsp dried oregano
- ¾ tsp kosher salt
- ½ tsp black pepper
- 2 cups diced cucumber
- 2 cups cherry tomatoes
- 1 cup diced red bell pepper
- ½ cup diced red onion
- 1 cup chopped parsley
- 4 oz feta cheese

COACH'S NOTE

Brown or French green lentils hold their shape. Red lentils will not work here. For lower sodium, use 3 ounces of feta and skip the added salt.

METHOD

1. Rinse the lentils and pick out any stones. Put them in a medium pot with the bay leaf and 6 cups of water, bring to a boil, then lower to a gentle simmer. Cook uncovered for 22 to 25 minutes, tasting from 20 minutes, until tender with a slight bite.
2. While the lentils simmer, make the vinaigrette. Mince the garlic and whisk it in a large bowl with the olive oil, red wine vinegar, oregano, salt, and pepper.
3. Dice the cucumber, halve the cherry tomatoes, dice the red bell pepper and red onion, and chop the parsley. Keep them in a separate bowl for now.
4. Drain the lentils well, discard the bay leaf, and spread them on a sheet pan for 3 to 4 minutes so they stop cooking and lose their steam.
5. Add the warm lentils to the vinaigrette and toss well. Let them sit for 5 minutes so they soak up the dressing while they are still warm.
6. Fold in the cucumber, tomatoes, bell pepper, red onion, and parsley.
7. Crumble the feta over the top and fold it in gently so it stays in pieces. Taste and add a splash more vinegar if it needs brightness.
8. Serve at room temperature, or chill in a sealed container. It is better after a few hours and keeps up to 5 days.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Leave out the feta or use a dairy-free feta; add a few olives.

On the plan: Day 1, Day 5

coachluke.com/mediterranean-lentil-salad/



Greek Chickpea Salad

Serves 4 · Prep 15 min · No cooking

CALORIES	PROTEIN	CARBS	FAT	FIBER
425	17 g	41 g	24 g	12 g

per serving

INGREDIENTS

- 30 oz canned chickpeas
- 1 english cucumber
- 2 cups cherry tomatoes
- 1 red bell pepper
- ½ cup red onion
- ½ cup kalamata olives
- 4 oz feta cheese
- ¼ cup fresh parsley
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 1½ tsp dried oregano
- 1 clove garlic
- ½ tsp salt
- ¼ tsp black pepper

COACH'S NOTE

For a sharper dressing, add 1 tablespoon of red wine vinegar. The salad is best after at least 30 minutes in the fridge, when the chickpeas have soaked up the dressing.

METHOD

1. Dice the cucumber into half inch pieces, toss with 0.25 teaspoon of the salt, and set it in a colander over the sink for 10 minutes while you prep everything else.
2. Drain the chickpeas, rinse them under cold water until it runs clear, and shake them as dry as you can. Pat them with a towel if you have a minute.
3. Halve the cherry tomatoes, dice the bell pepper, finely chop the red onion, and halve the olives. Chop the parsley and crumble the feta.
4. In a small jar, combine the olive oil, lemon juice, oregano, minced garlic, the remaining 0.25 teaspoon salt, and the black pepper. Shake until it looks creamy.
5. Press the cucumber gently to release any extra water, then add it to a large bowl with the chickpeas, tomatoes, bell pepper, onion, olives, and parsley.
6. Pour the dressing over and toss well. Add the feta last and fold it in gently so it stays in crumbles rather than dissolving into the dressing.
7. Taste. It usually wants a little more lemon or a pinch more salt depending on how salty your feta is. Serve right away or divide into four containers for the week.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Skip the feta; add avocado or extra olives.

On the plan: Day 8, Day 12

coachluke.com/greek-chickpea-salad/



Chicken and Quinoa Mason Jar Salads

Serves 4 · Prep 25 min · No cooking

CALORIES	PROTEIN	CARBS	FAT	FIBER
633	58 g	46 g	24 g	10 g

per serving

INGREDIENTS

- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- ½ tsp salt
- ¼ tsp black pepper
- 15 oz canned chickpeas
- 2 cups cherry tomatoes
- 1 cucumber
- ½ cup red onion
- 2 cups cooked quinoa
- 1¼ lbs cooked chicken breast
- ½ cup feta cheese
- 4 cups romaine lettuce

METHOD

1. Whisk the olive oil, balsamic vinegar, Dijon, honey, salt, and pepper in a small bowl.
2. Divide the dressing among 4 wide-mouth quart jars — about 2 tablespoons each, straight on the bottom.
3. Layer in this order: chickpeas, then tomatoes, cucumber, and red onion. These sturdy layers sit in the dressing and only get better.
4. Add the quinoa, then the chicken, then the feta — the middle layers stay dry.
5. Pack the romaine in last, at the very top, without pressing it down into the layers below.
6. Seal and refrigerate. To eat, shake the jar hard for a few seconds and pour into a bowl.

COACH'S NOTE

The order is the recipe: wet things at the bottom, greens at the top, and nothing wilts for 4 days.

MAKE IT VEGETARIAN

Replace the chicken with 2 cans chickpeas (drained) or baked tofu cubes.

MAKE IT DAIRY-FREE

Skip the feta. The balsamic dressing is already dairy-free.

On the plan: Day 15, Day 19

coachluke.com/chicken-mason-jar-salads/



Tuna Pasta Salad with Greek Yogurt Dressing

Serves 4 · Prep 15 min · Cook 10 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
406	35 g	52 g	7 g	3 g

per serving

INGREDIENTS

- 8 oz whole wheat rotini
- 15 oz canned tuna
- ¾ cup plain nonfat Greek yogurt
- 2 tbsp mayonnaise
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 cup celery
- ½ cup red onion
- 1 cup frozen peas
- 2 tbsp fresh dill
- ½ tsp salt
- ¼ tsp black pepper

METHOD

1. Cook the rotini in salted water to full al dente — not a minute past. Soft pasta turns mushy once dressed.
2. Drain and rinse the pasta under cold water until it's completely cool.
3. Whisk the Greek yogurt, mayonnaise, lemon juice, Dijon, salt, and pepper into a dressing in a large bowl.
4. Add the drained tuna and break it up into the dressing — coating the tuna first keeps it moist.
5. Fold in the pasta, celery, red onion, peas, and dill until everything is evenly coated.
6. Chill at least 30 minutes before serving — the flavor noticeably improves once it's cold.

COACH'S NOTE

If meal prepping, the salad tightens up in the fridge; loosen day-3 portions with a teaspoon of lemon juice or a spoonful of yogurt.

MAKE IT VEGETARIAN

Swap the tuna for 2 cans chickpeas, lightly mashed.

MAKE IT DAIRY-FREE

Replace the Greek yogurt with 3 tbsp olive oil and an extra squeeze of lemon.

On the plan: Day 22

coachluke.com/tuna-pasta-salad/



Greek Lemon Chicken and Potatoes

Serves 4 · Prep 10 min · Cook 45 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
747	42 g	37 g	49 g	6 g

per serving

INGREDIENTS

- 2 lb bone-in skin-on chicken thighs, about 4 thighs
- 1½ lbs yukon gold potatoes, cut into wedges
- 3 tablespoons extra virgin olive oil
- 2 lemons, 1 juiced, 1 cut into wedges
- 4 cloves garlic, minced
- 1 tablespoon dried oregano
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ cup low-sodium chicken broth
- ¼ cup fresh parsley, chopped

METHOD

1. Preheat the oven to 425°F (220°C).
2. In a large roasting pan, toss the potato wedges with the olive oil, lemon juice, garlic, oregano, salt and pepper.
3. Pat the chicken dry, season it, and nestle it between the potatoes skin-side up. Pour the broth into the pan around (not over) everything.
4. Roast 40–45 minutes, until the chicken reaches 165°F with crisp skin and the potatoes are golden and tender.
5. Rest 5 minutes, scatter with parsley, and serve with the lemon wedges and the pan juices spooned over.

COACH'S NOTE

Boneless thighs work; check them at 30 minutes. Give the potatoes a stir halfway if the pan looks dry. The lemony pan juices are the whole point; serve bread or greens to catch them.

MAKE IT VEGETARIAN

Use 2 cans chickpeas and extra potatoes or cauliflower in place of the chicken, and vegetable broth; roast 30–35 minutes.

MAKE IT DAIRY-FREE

Naturally dairy-free as written.

On the plan: Day 1, Day 2

Freezer-friendly · coachluke.com/greek-lemon-chicken-and-potatoes/



DINNERS

Mediterranean Baked Cod with Tomatoes and Olives

Serves 4 · Prep 10 min · Cook 18 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
253	32 g	7 g	11 g	2 g

per serving

INGREDIENTS

- 24 oz cod fillets, 4 fillets, about 6 oz each
- 2 tablespoons extra virgin olive oil
- 2 cups cherry tomatoes
- ½ cup kalamata olives, pitted and halved
- 3 cloves garlic, thinly sliced
- 2 tablespoons capers, drained
- 1 teaspoon dried oregano
- 1 lemon, half sliced and half juiced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup fresh parsley, chopped

METHOD

1. Preheat the oven to 400°F (200°C).
2. In a baking dish, toss the cherry tomatoes, olives, garlic, capers, oregano and 1 tablespoon of the olive oil. Spread into an even layer and roast for 8 minutes so the tomatoes start to soften.
3. Pat the cod dry and season both sides with the salt and pepper.
4. Nestle the fillets into the tomato mixture. Drizzle with the remaining olive oil and the lemon juice, and lay the lemon slices on top.
5. Bake 10–12 minutes, until the cod flakes easily with a fork and is opaque in the center.
6. Scatter with parsley and spoon the tomato and olive juices over the fish to serve.

COACH'S NOTE

Any firm white fish works: haddock, halibut or tilapia. Serve with whole-grain couscous, crusty bread or a simple green salad. Frozen cod is fine; thaw it fully and pat it very dry first.

MAKE IT VEGETARIAN

Use thick slices of halloumi or 2 cans cannellini beans in place of the cod; bake 15 minutes.

MAKE IT DAIRY-FREE

Naturally dairy-free as written.

On the plan: Day 2, Day 3

coachluke.com/mediterranean-baked-cod-tomatoes-olives/



Greek Turkey Meatballs with Lemon Yogurt Sauce

Serves 4 · Prep 15 min · Cook 20 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
339	39 g	5 g	18 g	1 g

per serving

INGREDIENTS

- 1½ lbs 93% lean ground turkey
- 1/3 cup feta cheese
- ¼ cup red onion
- 3 cloves garlic
- 1 large egg
- 2 tsp dried oregano
- 2 tbsp fresh dill
- ¾ tsp salt
- ½ tsp black pepper
- ¾ cup plain nonfat Greek yogurt
- 1 tbsp lemon juice
- 1 clove garlic

METHOD

1. Preheat the oven to 400°F and line a sheet pan with parchment.
2. Gently mix the turkey, feta, grated onion, minced garlic, egg, oregano, half the dill, 0.5 teaspoon salt, and the pepper — stop as soon as it's combined.
3. Roll into 20 meatballs, about 2 tablespoons each. Wet hands keep the mixture from sticking.
4. Bake 18 to 20 minutes, until the centers reach 165°F.
5. While they bake, stir the Greek yogurt, lemon juice, grated garlic, remaining dill, and remaining salt into a sauce.
6. Serve the meatballs over rice, in pitas, or on a pile of greens, with the sauce for dipping or drizzling.

COACH'S NOTE

Meatballs keep 4 days refrigerated and freeze well for 2 months; the sauce keeps 3 days. Nutrition includes the full batch of sauce.

MAKE IT VEGETARIAN

Use a plant-based ground, or mashed chickpeas plus 1/2 cup breadcrumbs; bake 18–20 minutes.

MAKE IT DAIRY-FREE

Leave the feta out of the meatballs and make the lemon sauce with plant yogurt.

On the plan: Day 4, Day 7

Freezer-friendly · coachluke.com/greek-turkey-meatballs/



Mediterranean Stuffed Peppers

Serves 4 · Prep 20 min · Cook 40 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
420	30 g	32 g	21 g	7 g

per serving

INGREDIENTS

- 4 large bell peppers
- 1 lb 93% lean ground turkey
- 1 tbsp olive oil
- 1 yellow onion
- 3 cloves garlic
- 1½ cups cooked quinoa
- 15 oz canned diced tomatoes
- 1/3 cup kalamata olives
- 2 tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- 2 cups fresh spinach
- ½ cup feta cheese

METHOD

1. Preheat the oven to 400°F. Stand the peppers in a baking dish — slice a sliver off any wobbly bottoms so they sit flat.
2. Heat the olive oil in a large skillet over medium-high. Cook the onion 3 minutes, then the turkey, breaking it up, 5 to 6 minutes until no longer pink. Add the garlic for 30 seconds.
3. Stir in the quinoa, drained tomatoes, olives, oregano, salt, and pepper. Fold in the spinach until wilted, then half the feta. Taste — the olives and feta bring salt, so adjust at the end.
4. Pack the filling into the peppers, mounding slightly. Pour a half inch of water into the bottom of the dish.
5. Cover with foil and bake 30 minutes. Uncover, top with the remaining feta, and bake 10 more minutes, until the peppers are tender.
6. Rest 5 minutes before serving.

COACH'S NOTE

The water in the dish steams the peppers tender — don't skip it. Stuffed peppers keep 4 days and reheat well, making them a sneaky-good meal prep.

MAKE IT VEGETARIAN

Replace the turkey with 1 can lentils + 1 cup cooked quinoa.

MAKE IT DAIRY-FREE

Leave the feta out of the filling and off the top, or use a dairy-free feta.

On the plan: Day 5, Day 6

Freezer-friendly · coachluke.com/mediterranean-stuffed-peppers/



Chicken Souvlaki with Tzatziki

Serves 4 · Prep 20 min · Cook 12 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
397	54 g	6 g	17 g	1 g

per serving

INGREDIENTS

- 2 lb boneless skinless chicken breast
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 4 cloves garlic
- 1 tbsp dried oregano
- 1 tsp salt
- ½ tsp black pepper
- 1 cup plain nonfat Greek yogurt
- ½ cup cucumber
- 1 clove garlic
- 1 tbsp lemon juice
- 1 tbsp fresh dill
- ¼ tsp salt

COACH'S NOTE

Squeeze the grated cucumber in a clean towel until it stops dripping, or the tzatziki turns watery by dinner.

METHOD

1. Whisk the olive oil, 3 tablespoons lemon juice, minced garlic, oregano, 1 teaspoon salt, and the pepper in a large bowl. Add the chicken and toss to coat.
2. Marinate at least 1 hour in the fridge, or up to 8 hours. Even 30 minutes works on a rushed night.
3. Make the tzatziki: stir the Greek yogurt, grated cucumber, grated garlic, 1 tablespoon lemon juice, dill, and remaining salt together. Chill until serving.
4. If using wooden skewers, soak them in water for 20 minutes.
5. Thread the chicken onto 8 skewers without packing the pieces tightly.
6. Grill over medium-high heat, about 400°F, for 10 to 12 minutes, turning every few minutes, until the chicken reaches 165°F.
7. Rest 5 minutes and serve with the tzatziki, warm pita, or a simple cucumber-tomato salad.

MAKE IT VEGETARIAN

Use firm tofu or halloumi cubes in the same marinade.

MAKE IT DAIRY-FREE

Make the tzatziki with unsweetened plant yogurt.

On the plan: Day 8, Day 9

Freezer-friendly · coachluke.com/chicken-souvlaki/



Mediterranean Salmon with Lemon and Dill

Serves 4 · Prep 8 min · Cook 20 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
384	37 g	14 g	21 g	4 g

per serving

INGREDIENTS

- 1½ lb salmon fillet
- 2 tbsp olive oil
- 2 cups cherry tomatoes
- 2 medium zucchini
- 1 medium red onion
- ½ cup kalamata olives
- 3 cloves garlic
- 2 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp dried oregano
- ½ tsp salt
- ½ tsp black pepper
- 1 medium lemon
- 3 tbsp fresh dill

METHOD

1. Heat the oven to 425°F and line a large rimmed sheet pan with parchment. Cut the salmon into 4 even pieces and pat them dry with a paper towel. Dry fish roasts; wet fish steams.
2. Slice the zucchini into half moons about half an inch thick, cut the red onion into thin wedges, mince the garlic, and slice the whole lemon into thin rounds. Pit the olives if needed.
3. In a large bowl, toss the zucchini, tomatoes, onion, olives, and garlic with 1 tbsp of the olive oil, the oregano, 0.25 tsp of the salt, and 0.25 tsp of the pepper. Spread them on the sheet pan in a single layer and roast for 8 minutes.
4. While the vegetables roast, rub the salmon with the remaining 1 tbsp olive oil, the lemon juice, lemon zest, and the rest of the salt and pepper.
5. Pull the pan out, push the vegetables toward the edges, and set the salmon pieces in the center with a little space between them. Lay the lemon slices over and around the fish.
6. Return the pan to the oven and roast for 10 to 12 minutes, until the salmon flakes easily with a fork and reads 145°F in the thickest part. Thin tail pieces may be done at 9 minutes, so check them early.
7. Chop the dill and scatter it over everything the moment the pan comes out. Let it rest 2 minutes, then squeeze a roasted lemon slice over each fillet and serve straight from the pan.

MAKE IT VEGETARIAN

Use 2 cans chickpeas tossed in the same lemon-dill mix with the vegetables.

MAKE IT DAIRY-FREE

Naturally dairy-free as written.

On the plan: Day 9, Day 10

coachluke.com/mediterranean-salmon/



Eggplant Chickpea Bake

Serves 4 · Prep 15 min · Cook 45 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
466	20 g	56 g	22 g	18 g

per serving

INGREDIENTS

- 1 large eggplant
- 3 tbsp olive oil
- 1 yellow onion
- 4 cloves garlic
- 30 oz canned chickpeas
- 28 oz canned crushed tomatoes
- 2 tsp dried oregano
- ¼ tsp ground cinnamon
- ½ tsp salt
- ¼ tsp black pepper
- ¾ cup feta cheese
- 2 tbsp fresh parsley

METHOD

1. Preheat the oven to 425°F. Toss the eggplant cubes with 2 tablespoons of the olive oil and roast on a sheet pan 20 minutes, until browned and collapsed — this step is why the bake won't be spongy.
2. Meanwhile, heat the remaining oil in a large oven-safe skillet or pot. Cook the onion 4 minutes, then the garlic 30 seconds.
3. Add the chickpeas, crushed tomatoes, oregano, cinnamon, salt, and pepper. Simmer 10 minutes so the sauce thickens slightly.
4. Fold in the roasted eggplant, scatter the feta over the top, and bake at 400°F for 20 minutes, until bubbling at the edges and the feta is soft and golden in spots.
5. Rest 5 minutes, shower with parsley, and serve with warm pita or rice.

COACH'S NOTE

Roasting the eggplant first concentrates it — skip that step and the bake turns watery. Even better on day two; keeps 4 days.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Skip the feta and finish with toasted pine nuts or extra herbs.

On the plan: Day 11, Day 14

Freezer-friendly · coachluke.com/eggplant-chickpea-bake/



Caprese Chicken Skillet

Serves 4 · Prep 10 min · Cook 15 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
371	49 g	7 g	15 g	1 g

per serving

INGREDIENTS

- 1¾ lbs boneless skinless chicken breast
- 1 tsp Italian seasoning
- ¾ tsp salt
- ½ tsp black pepper
- 1 tbsp olive oil
- 2 cups cherry tomatoes
- 2 cloves garlic
- 3 tbsp balsamic vinegar
- 4 oz fresh mozzarella
- ¼ cup fresh basil

METHOD

1. Season the chicken on both sides with the Italian seasoning, salt, and pepper.
2. Heat the olive oil in a large skillet over medium-high. Sear the chicken 4 to 5 minutes per side, until it reaches 165°F. Move to a plate.
3. In the same skillet, cook the tomatoes and garlic 2 to 3 minutes, until the tomatoes start to burst and release their juices.
4. Add the balsamic vinegar and simmer 1 to 2 minutes, until it turns glossy and lightly syrupy.
5. Return the chicken to the skillet, top each cutlet with a slice of mozzarella, cover, and give it 1 to 2 minutes for the cheese to melt.
6. Scatter the basil over the top and serve straight from the pan.

COACH'S NOTE

Pounding the cutlets even is what keeps them juicy at 165°F — thick spots mean overcooked thin spots.

MAKE IT VEGETARIAN

Use thick slices of halloumi or white beans with the tomatoes and basil.

MAKE IT DAIRY-FREE

Skip the mozzarella; add sliced avocado or extra olives at the end.

On the plan: Day 12, Day 13

Freezer-friendly · coachluke.com/caprese-chicken/



DINNERS

Chicken Gyro Bowls with Tzatziki

Serves 4 · Prep 12 min · Cook 13 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
510	44 g	45 g	17 g	5 g

per serving

INGREDIENTS

- 1½ lb boneless skinless chicken thighs
- 2 tbsp olive oil
- 2 tsp dried oregano
- 1 tsp smoked paprika
- ¾ tsp salt
- ½ tsp black pepper
- 1 cup low fat greek yogurt
- 1 medium cucumber
- 2 cloves garlic
- 2 tbsp lemon juice
- 2 tbsp chopped fresh dill
- 2 cups cherry tomatoes
- ½ cup sliced red onion
- 3 cups cooked brown rice

METHOD

1. Make the tzatziki first. Grate the cucumber on the large holes of a box grater, toss it with a pinch of the salt, and let it sit 5 minutes. Squeeze it hard in a clean kitchen towel until it stops dripping.
2. Stir the squeezed cucumber into the Greek yogurt with the garlic (grated or minced fine), 1 tablespoon of the lemon juice, half the dill, and a pinch of salt. Cover and refrigerate while you cook.
3. Halve the cherry tomatoes and toss them with the red onion, 1 tablespoon of the olive oil, the remaining lemon juice, and a pinch of salt and pepper. Set aside.
4. Trim the chicken thighs of any big fat pockets and cut them into strips about the width of your thumb. Pat dry, then toss with the oregano, smoked paprika, and the remaining salt and pepper until evenly coated.
5. Heat the remaining 1 tablespoon of olive oil in a large skillet over medium-high heat until it shimmers. Add half the chicken in a single layer and cook undisturbed for 4 to 5 minutes until deeply browned on the bottom.
6. Flip and cook 3 to 4 minutes more until the thickest piece reads 165°F on an instant-read thermometer. Move to a plate and repeat with the second batch. Crowding the pan is what makes chicken steam instead of brown.
7. Warm the brown rice in the microwave for 1 to 2 minutes while the second batch finishes.
8. Divide the rice among four bowls. Top each with a quarter of the chicken, a quarter of the tomato salad, and a generous spoonful of tzatziki. Finish with the remaining dill and serve.

MAKE IT VEGETARIAN

Use crispy roasted chickpeas or falafel in place of the chicken.

MAKE IT DAIRY-FREE

Make the tzatziki with unsweetened plant yogurt.

On the plan: Day 15, Day 16

Freezer-friendly · coachluke.com/chicken-gyro-bowls/



Shrimp and Feta Orzo

Serves 4 · Prep 10 min · Cook 25 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
478	47 g	41 g	15 g	4 g

per serving

INGREDIENTS

- 1½ lbs large shrimp
- 2 tbsp olive oil
- 1 yellow onion
- 4 cloves garlic
- 1 cup orzo
- 15 oz canned diced tomatoes
- 1½ cups low-sodium chicken broth
- 1 tsp dried oregano
- ¼ tsp red pepper flakes
- ½ tsp salt
- ¼ tsp black pepper
- ¾ cup feta cheese
- 1 lemon
- 2 tbsp fresh parsley

METHOD

1. Heat the olive oil in a large, deep skillet over medium. Cook the onion 3 to 4 minutes, until soft, then the garlic for 30 seconds.
2. Stir in the orzo and toast it 1 minute — this small step keeps it from going gummy.
3. Add the tomatoes with their juice, the broth, oregano, red pepper flakes, salt, and pepper. Simmer uncovered 10 to 12 minutes, stirring now and then, until the orzo is nearly tender.
4. Nestle the shrimp into the orzo, scatter the feta over the top, cover, and cook 4 to 5 minutes, until the shrimp are opaque.
5. Off the heat, add the lemon zest and juice and the parsley. Rest 2 minutes — the orzo drinks up the last of the broth.

COACH'S NOTE

The skillet looks soupy when the shrimp go in; the rest at the end fixes it. Leftovers keep 3 days — revive with a splash of broth.

MAKE IT VEGETARIAN

Use 2 cans cannellini beans in place of the shrimp (add them for the last 5 minutes) and vegetable broth.

MAKE IT DAIRY-FREE

Skip the feta; finish with lemon zest and olives.

On the plan: Day 16, Day 17

coachluke.com/shrimp-orzo/



Greek Salad with Grilled Chicken

Serves 4 · Prep 20 min · Cook 12 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
501	43 g	13 g	31 g	4 g

per serving

INGREDIENTS

- 1½ lbs boneless skinless chicken breast
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 tsp dried oregano
- ¾ tsp salt
- ½ tsp black pepper
- 6 cups romaine lettuce
- 1 cucumber
- 2 cups cherry tomatoes
- 1 green bell pepper
- ½ cup red onion
- ½ cup kalamata olives
- ¾ cup feta cheese
- 3 tbsp olive oil
- 2 tbsp red wine vinegar

METHOD

1. Toss the chicken with 2 tablespoons olive oil, the lemon juice, 1 teaspoon oregano, and half the salt and pepper. Let it sit 15 minutes while you chop the vegetables.
2. Grill or pan-sear the chicken over medium-high heat, 5 to 6 minutes per side, until it reaches 165°F. Rest 5 minutes, then slice.
3. Whisk the remaining 3 tablespoons olive oil, red wine vinegar, remaining oregano, salt, and pepper into a dressing.
4. Pile the romaine into a large bowl or onto 4 plates. Top with cucumber, tomatoes, green pepper, red onion, and olives.
5. Add the sliced chicken and feta, drizzle the dressing over everything, and serve.

COACH'S NOTE

For meal prep, keep the dressing and feta separate and it holds 3 days.

MAKE IT VEGETARIAN

Swap the chicken for chickpeas or grilled halloumi.

MAKE IT DAIRY-FREE

Skip the feta; add avocado.

On the plan: Day 18

coachluke.com/greek-salad-with-chicken/



DINNERS

Turkey Pesto Meatballs

Serves 4 · Prep 15 min · Cook 20 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
362	36 g	3 g	23 g	1 g

per serving

INGREDIENTS

- 1½ lbs 93% lean ground turkey
- ¼ cup basil pesto
- ¼ cup parmesan cheese
- ¼ cup yellow onion
- 2 cloves garlic
- 1 large egg
- ½ tsp salt
- ¼ tsp black pepper

METHOD

1. Preheat the oven to 400°F and line a sheet pan with parchment.
2. Gently combine the turkey, pesto, parmesan, grated onion, garlic, egg, salt, and pepper — stop mixing the moment it comes together.
3. Roll into 20 meatballs with wet hands and space them out on the pan.
4. Bake 18 to 20 minutes, until the centers reach 165°F.
5. Serve with a little extra pesto thinned with a spoonful of hot water as a drizzle.

COACH'S NOTE

The pesto inside the mix is the moisture insurance — no breadcrumbs needed. Meatballs keep 4 days refrigerated and freeze 2 months.

MAKE IT VEGETARIAN

Use a plant-based ground with the egg and 1/3 cup breadcrumbs.

MAKE IT DAIRY-FREE

Skip the parmesan and use a dairy-free pesto (most store pestos contain cheese, so check the label).

On the plan: Day 19, Day 20, Day 21

Freezer-friendly · coachluke.com/turkey-pesto-meatballs/



Grilled Chicken Kabobs

Serves 4 · Prep 15 min · Cook 12 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
390	50 g	9 g	17 g	2 g

per serving

INGREDIENTS

- 2 lb boneless skinless chicken breast
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 4 cloves garlic
- 2 tsp dried oregano
- 1 tsp smoked paprika
- 1 tsp salt
- ½ tsp black pepper
- 1 zucchini
- 1 red bell pepper
- 1 red onion

COACH'S NOTE

No grill? A grill pan or broiler works: broil on high 4 inches from the heat, 12 to 14 minutes, turning once.

METHOD

1. Whisk the olive oil, lemon juice, garlic, oregano, smoked paprika, salt, and pepper in a large bowl.
2. Add the chicken cubes and toss to coat. Marinate 30 minutes at room temperature, or up to 8 hours covered in the fridge.
3. If using wooden skewers, soak them in water for 20 minutes while the chicken marinates.
4. Thread chicken, zucchini, bell pepper, and onion onto 8 skewers, alternating as you go. Don't pack the pieces tightly; a little space helps them cook evenly.
5. Preheat the grill to medium-high, about 400°F, and oil the grates.
6. Grill 10 to 12 minutes, turning every 3 minutes or so, until the chicken reaches 165°F at the thickest piece and the vegetables have light char marks.
7. Rest 5 minutes before serving.

MAKE IT VEGETARIAN

Use halloumi, firm tofu or extra vegetables on the skewers.

MAKE IT DAIRY-FREE

Naturally dairy-free as written.

On the plan: Day 22, Day 23

Freezer-friendly · coachluke.com/grilled-chicken-kabobs/



Lemon Garlic Shrimp with White Beans

Serves 4 · Prep 8 min · Cook 12 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
488	41 g	53 g	13 g	12 g

per serving

INGREDIENTS

- 1½ lb raw shrimp
- ½ tsp salt
- ½ tsp black pepper
- 3 tbsp olive oil
- 5 cloves garlic
- ½ tsp red pepper flakes
- 1 tsp dried oregano
- 1 cup cherry tomatoes
- 30 oz canned cannellini beans
- ½ cup low sodium chicken broth
- 1 tsp lemon zest
- 3 tbsp lemon juice
- 5 oz baby spinach
- ¼ cup chopped fresh parsley

METHOD

1. Peel and devein the shrimp if needed, pat them very dry with paper towels, and season with half the salt and pepper. Drain and rinse the beans in a colander. Mince the garlic and halve the tomatoes.
2. Heat 2 tbsp of the olive oil in a large skillet over medium high. Add the shrimp in a single layer and cook about 90 seconds per side, until pink and curled into a C shape. Transfer to a plate.
3. Lower the heat to medium and add the remaining 1 tbsp oil, the garlic, red pepper flakes, and oregano. Stir for 30 seconds until fragrant; do not let the garlic brown.
4. Add the cherry tomatoes and cook 2 minutes until they start to soften and split.
5. Add the rinsed beans, broth, lemon zest, and the remaining salt and pepper. Simmer 4 to 5 minutes, mashing a few beans against the side of the pan with your spoon to thicken the sauce.
6. Add the spinach in handfuls, stirring until it wilts, about 1 to 2 minutes.
7. Return the shrimp and any juices to the skillet. Add the lemon juice and stir for 1 minute, just until the shrimp are warmed through.
8. Take the pan off the heat, scatter with parsley, and serve in shallow bowls with extra lemon on the side.

MAKE IT VEGETARIAN

Leave out the shrimp, add 1 more can of white beans, and use vegetable broth.

MAKE IT DAIRY-FREE

Naturally dairy-free as written.

On the plan: Day 23, Day 24

coachluke.com/lemon-garlic-shrimp-white-beans/



Pesto Chicken Pasta with Spinach

Serves 4 · Prep 8 min · Cook 17 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
589	48 g	44 g	24 g	6 g

per serving

INGREDIENTS

- 1¼ lb boneless skinless chicken breast
- 1 tbsp olive oil
- ½ tsp salt
- ½ tsp black pepper
- 3 cloves garlic
- 8 oz whole wheat pasta
- 3 cups low sodium chicken broth
- 1 cup water
- 5 oz baby spinach
- ½ cup basil pesto
- ½ cup low fat greek yogurt
- ¼ cup grated parmesan cheese
- 1 tbsp lemon juice

COACH'S NOTE

If the pasta looks dry before it is tender, add water 0.25 cup at a time. Chickpea pasta works in place of whole wheat and adds protein, but needs an extra 0.5 cup of water.

METHOD

1. Cut the chicken into 1 inch pieces and pat them dry. Season with the salt and pepper. Mince the garlic and set it aside.
2. Heat the olive oil in a large pot or deep skillet over medium-high heat. Add the chicken in a single layer and cook without moving it for 3 minutes, then stir and cook 2 to 3 minutes more, until browned and 165°F inside. Move the chicken to a plate.
3. Add the garlic to the same pot and stir for 30 seconds. Pour in the broth and water, scrape up the browned bits, and bring it to a boil.
4. Add the pasta, drop the heat to a steady simmer, and cook uncovered for 9 to 11 minutes, stirring every couple of minutes so nothing sticks. The pasta is done when it is tender and most of the liquid has been absorbed, with a few spoonfuls of starchy liquid left in the bottom.
5. Turn off the heat. Add the spinach in handfuls and stir until it wilts, about 1 minute.
6. Stir in the pesto, Greek yogurt, lemon juice, and the cooked chicken with any juices from the plate. Keep the heat off so the yogurt stays smooth.
7. Taste and add a pinch more pepper if you like. Divide into 4 bowls and top with the parmesan. Serve right away.

MAKE IT VEGETARIAN

Swap the chicken for 2 cans chickpeas or white beans and use vegetable broth.

MAKE IT DAIRY-FREE

Use a dairy-free pesto, skip the parmesan, and stir in 2 tbsp olive oil instead of the Greek yogurt.

On the plan: Day 25, Day 26, Day 28

Freezer-friendly · coachluke.com/pesto-chicken-pasta/



Lemon Butter Tilapia

Serves 4 · Prep 5 min · Cook 10 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
254	35 g	2 g	12 g	0 g

per serving

INGREDIENTS

- 1½ lbs tilapia fillets
- 1 tsp paprika
- ¾ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil
- 2 tbsp butter
- 3 cloves garlic
- 3 tbsp lemon juice
- 1 tsp lemon zest
- 2 tbsp fresh parsley

METHOD

1. Season the fillets on both sides with the paprika, salt, and pepper.
2. Heat the olive oil in a large nonstick skillet over medium-high.
3. Cook the fillets 3 to 4 minutes on the first side without moving them, then flip carefully and cook 2 to 3 minutes more, until the fish flakes easily and reaches 145°F. Move to plates.
4. Turn the heat to low. Add the butter and garlic and stir 30 seconds.
5. Off the heat, stir in the lemon juice and zest, then spoon the sauce over the fillets.
6. Finish with parsley and serve immediately.

COACH'S NOTE

Tilapia is thin and cooks fast — when it turns opaque and flakes at the thickest point, it's done. Fish is best fresh; leftovers keep 2 days.

MAKE IT VEGETARIAN

Use thick slices of halloumi or a can of white beans with the lemon garlic sauce.

MAKE IT DAIRY-FREE

Use olive oil in place of the butter.

On the plan: Day 26, Day 27

coachluke.com/lemon-butter-tilapia/



Garlic Lemon Shrimp with Couscous

Serves 2 · Prep 5 min · Cook 10 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
491	33 g	57 g	15 g	6 g

per serving

INGREDIENTS

- ½ pound peeled shrimp, fresh or thawed frozen
- ¾ cup whole-grain couscous
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, minced
- 1 lemon, juiced
- 2 cups fresh spinach
- salt, pepper, and a pinch of red pepper flakes
- fresh parsley, chopped (optional)

METHOD

1. Cook the couscous according to the package (usually just add boiling water, cover, and wait 5 minutes).
2. Heat the olive oil in a pan over medium heat. Add the garlic and cook for 30 seconds.
3. Add the shrimp and cook 2–3 minutes per side, until pink.
4. Stir in the spinach and lemon juice. Cook until the spinach wilts.
5. Season with salt, pepper, and red pepper flakes.
6. Serve the shrimp over the couscous and top with parsley.

COACH'S NOTE

Keep a bag of frozen shrimp in the freezer and you're always minutes away from this meal.

MAKE IT VEGETARIAN

Use 1 can chickpeas in place of the shrimp.

MAKE IT DAIRY-FREE

Naturally dairy-free as written.

On the plan: Day 3, Day 4, Day 24, Day 25

coachluke.com/mediterranean-diet-dinner-recipes/



White Bean and Tomato Skillet

Serves 2 · Prep 3 min · Cook 12 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
441	20 g	62 g	15 g	15 g

per serving

INGREDIENTS

- 15 oz canned white beans, cannellini or great northern; 1 can, drained and rinsed
- 14 oz canned diced tomatoes, 1 can
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, minced
- 2 cups fresh spinach or kale
- 1 teaspoon dried oregano
- salt and pepper to taste
- crumbled feta cheese, optional

METHOD

1. Heat the olive oil in a skillet over medium heat. Add the garlic and cook for 30 seconds.
2. Pour in the diced tomatoes and oregano. Simmer for 5 minutes.
3. Add the beans and stir. Cook for 3–4 more minutes until warmed through.
4. Stir in the spinach until it wilts.
5. Season with salt and pepper, and top with feta if you like.

COACH'S NOTE

Serve with a slice of whole-grain bread to soak up the sauce. Toss in zucchini, bell peppers, or mushrooms if they need using up.

MAKE IT VEGETARIAN

Already vegetarian.

MAKE IT DAIRY-FREE

Skip the optional feta.

On the plan: Day 6, Day 7, Day 17, Day 18

coachluke.com/mediterranean-diet-dinner-recipes/



Sheet-Pan Salmon with Vegetables

Serves 2 · Prep 5 min · Cook 15 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
402	35 g	13 g	24 g	4 g

per serving

INGREDIENTS

- 11 oz salmon fillets, 2 fillets, about 5–6 oz each
- 2 cups broccoli florets or green beans
- 1 cup cherry tomatoes
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, minced
- ½ lemon, juiced
- salt, pepper, and dried herbs, oregano or thyme

METHOD

1. Preheat your oven to 425°F (220°C).
2. On a sheet pan, toss the vegetables with 1 tablespoon of olive oil, salt, and pepper.
3. Push the veggies to the sides and place the salmon in the center.
4. Drizzle the salmon with the remaining oil, garlic, lemon juice, and herbs.
5. Roast for 12–15 minutes, until the salmon flakes easily with a fork.

COACH'S NOTE

Use pre-cut frozen vegetables for zero chopping. No salmon? Any fish fillet works, or boneless chicken thighs with a few extra minutes of cook time.

MAKE IT VEGETARIAN

Use chickpeas or halloumi in place of the salmon.

MAKE IT DAIRY-FREE

Naturally dairy-free as written.

On the plan: Day 10, Day 11, Day 20, Day 21

coachluke.com/mediterranean-diet-dinner-recipes/



20-Minute Lemon Garlic Chicken and Broccoli Skillet

Serves 2 · Prep 5 min · Cook 15 min

CALORIES	PROTEIN	CARBS	FAT	FIBER
401	43 g	20 g	18 g	7 g

per serving

INGREDIENTS

- 12 oz boneless skinless chicken breast, cut into 1-inch pieces
- 1 tablespoon olive oil
- 1 tablespoon butter
- 3 cloves garlic, minced
- 4 cups broccoli florets
- ½ cup low-sodium chicken broth
- 1 lemon, juiced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon red pepper flakes, optional

METHOD

1. Pat the chicken dry and season with the salt and pepper.
2. Heat the olive oil in a large skillet over medium-high heat. Add the chicken in a single layer and cook 3–4 minutes per side until golden and cooked through. Move to a plate.
3. Lower the heat to medium. Add the butter and garlic and cook for 30 seconds, just until fragrant.
4. Add the broccoli and broth. Cover and cook 4–5 minutes, until the broccoli is bright green and just tender.
5. Return the chicken to the pan with the lemon juice and red pepper flakes. Toss for 1 minute so everything is coated, then serve.

COACH'S NOTE

Serve on its own, over brown rice or quinoa, or with a slice of whole-grain bread. Frozen broccoli works; add it straight from the freezer and cook a couple of minutes longer. Chicken thighs can replace the breast if you like them better.

MAKE IT VEGETARIAN

Use 1 can chickpeas or white beans (added for the last 3 minutes) and vegetable broth.

MAKE IT DAIRY-FREE

Use olive oil in place of the butter.

On the plan: Day 13, Day 14, Day 27, Day 28

coachluke.com/lemon-garlic-chicken-broccoli-skillet/

CHECK IT OFF

28-day tracker

One check per habit per day. Aim for most days, not every day.

DAYS 1–14	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Followed the plan (or a smart swap)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegetables at 2+ meals	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Protein at every meal	○	○	○	○	○	○	○	○	○	○	○	○	○	○
6+ glasses of water	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beans, lentils or fish today	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Olive oil as my main fat	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Moved 20+ minutes	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ate slowly, stopped at satisfied	○	○	○	○	○	○	○	○	○	○	○	○	○	○

DAYS 15–28	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Followed the plan (or a smart swap)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vegetables at 2+ meals	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Protein at every meal	○	○	○	○	○	○	○	○	○	○	○	○	○	○
6+ glasses of water	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Beans, lentils or fish today	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Olive oil as my main fat	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Moved 20+ minutes	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ate slowly, stopped at satisfied	○	○	○	○	○	○	○	○	○	○	○	○	○	○

REFLECT

Weekly check-ins

Five minutes at the end of each week. Honest answers make next week easier.

Week 1

Energy this week (1–10):

Hunger between meals (1–10):

Favorite recipe:

One recipe to swap next time:

What made prep easier:

One thing to try next week:

Week 2

Energy this week (1–10):

Hunger between meals (1–10):

Favorite recipe:

One recipe to swap next time:

What made prep easier:

One thing to try next week:

Week 3

Energy this week (1–10):

Hunger between meals (1–10):

Favorite recipe:

One recipe to swap next time:

What made prep easier:

One thing to try next week:

Week 4

Energy this week (1–10):

Hunger between meals (1–10):

Favorite recipe:

One recipe to swap next time:

What made prep easier:

One thing to try next week:

KEEP GOING

Blank weekly planner

Print this page to plan week 5 and beyond with your favorite recipes

	BREAKFAST	LUNCH	DINNER	SNACK
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SUNDAY PREP LIST

YOUR FREE BONUS

28 days of coaching emails

one short note for each day of your plan

Scan with your phone camera, or visit:

coachluke.com/mediterranean-bonus

- A daily tip that matches the day you're on, from Sunday prep to leftover night
- Make-it-easier ideas when life gets busy, plus swaps for picky eaters
- Free, and you can unsubscribe with one click any time

WHAT'S NEXT

You did it. Now keep it simple.

Day 29 and beyond

Repeat your favorites

Print the blank planner and rebuild a week from the recipes you loved. Two or three new recipes a week is plenty. The rest can be repeats.

Keep the Sunday habit

The single best predictor of a good week in this plan is the prep session. Even 30 minutes (one lunch salad and one breakfast batch) carries most of the load.

Get more free recipes and guides

Every recipe in this plan lives on coachluke.com, with more added every week. My Free Resource Library has printable guides and checklists: coachluke.com/free-library.

ABOUT COACH LUKE

Coach Luke is a NASM-certified personal trainer (CPT, CES, PES) and NESTA nutrition coach with more than 20 years in health and fitness. He writes no-hype, practical guides and recipes for women 25+ at coachluke.com.

IMPORTANT

This meal plan is for general education and is not medical or nutrition advice for any individual. It is not designed to diagnose, treat, cure or prevent any disease, and it makes no promise of weight loss or any specific result. Talk with your doctor or a registered dietitian before changing how you eat, especially if you are pregnant or nursing, take medication, have a medical condition or food allergy, or have a history of disordered eating.

Nutrition values are calculated per serving from the listed ingredients and will vary with brands, portions and swaps. Check every label for allergens. Cook poultry to 165°F, ground turkey to 165°F and fish to 145°F.

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