



**Wendy Lord
Dietitian**

3-DAY MEDITERRANEAN MEAL PLAN

**Smart, satisfying meals
for real-life schedules**

Welcome to Your 3-Day Mediterranean Meal Plan

If life feels too busy to eat, you're not alone. Between work, family, and endless to-dos, it's easy to rely on quick convenience foods. This simple 3-day Mediterranean meal plan is here to change that.

You'll find quick, delicious meals made with everyday ingredients that help you feel energised, nourished, and confident in your food choices again. Take these three days as your first step toward a healthier, more balanced routine and discover how easy it can be to eat well, even on your busiest days.



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Welcome!

I'm so glad you're here

If you've downloaded this 3-Day Mediterranean Meal Plan, chances are you're ready to make a change to feel more energised, confident, and in control of your health again. Between work, family, and everything else on your plate, eating easily slips down your list of priorities.

Have you been relying on quick convenience foods or skipping meals altogether? Do you want to eat better, but you're short on time and tired of feeling guilty or stuck?

I completely understand. I've worked with so many clients who feel the same way. I created this simple 3-day plan to show you that healthy eating doesn't have to be complicated or time-consuming. Each meal is quick to prepare, full of flavour, and based on the Mediterranean diet.

Over the next few days, you'll discover how a few small, doable changes can help you:

- Feel lighter and more energised
- Enjoy your food without guilt
- Confidently prepare meals for yourself (and your family!)
- Take the first step toward lasting health

Here's to feeling great, one delicious meal at a time!

Yours in Nutrition,
Wendy Lord
Registered Dietitian



Day 1

Breakfast: Avo on Toast with Yoghurt and Blueberries

Serves 1

Ingredients:

2 slices low GI bread
2 Tbs low-fat cottage cheese
½ an avocado
Salt and pepper to taste
½ cup plain low-fat yoghurt
½ cup blueberries
Drizzle of honey

Method:

- Pop the bread in the toaster to toast.
- Spread 1 Tbs of cottage cheese on each slice of toast.
- Slice the avo into thin slices and arrange over the 2 slices of toast, season to taste. Cut each slice of toast the way you prefer it.
- Dish up the yoghurt and blueberries in a small bowl and drizzle with a little honey.



Lunch: Chickpea Buddha Bowl

Serves 4

Ingredients:

800g diced butternut
2 onions (red or brown), cut into wedges
2 tsp ground cumin
½ tsp dried chilli flakes (optional)
2 Tbs olive oil
1 Tbs red wine or apple cider vinegar
1 tsp honey
100g baby spinach leaves
1 can (410g) chickpeas, drained
150g Ricotta, cut into 4 equal portions

Method:

- Preheat the oven to 200°C.
- Place the butternut, onion, cumin, chilli flakes, and half the oil in a bowl. Toss to coat the butternut with the oil and spices.
- Spread butternut and onion on a lined baking tray and place it in the oven to roast for 25 minutes, or until the butternut is cooked. Turn the vegetable after 15 minutes.
- Make the dressing. In a cup, whisk together the vinegar, honey and remaining oil.
- Combine the butternut, spinach, and chickpeas in a large bowl. Drizzle with the dressing.
- Divide into 4 bowls or meal prep containers and top with the ricotta.



Supper: Greek Chicken with Baby Potatoes

Serves 2

Ingredients:

4 chicken thighs
4-6 baby potatoes, halved
1 Tbs olive oil
1 tsp lemon zest
Juice of 1 small lemon
1 tsp salt
½ tsp pepper
1 clove garlic, minced
2 tsp dried oreganum
2 Tbs chopped fresh parsley
Lemon wedges for garnish

Method:

- Preheat the oven to 200°C.
- Place the olive oil, lemon zest, lemon juice, salt, pepper, garlic and oreganum in a large oven-proof dish. Whisk to combine.
- Add the chicken and potatoes to the dish. Toss to coat with the marinade and arrange in a single layer.
- Bake for 40-45 minutes or until chicken is cooked through and potatoes are soft. Turn the chicken and potatoes after 25 minutes.
- Sprinkle with parsley. Garnish with lemon wedges and serve with a large green salad.



Day 2

Breakfast: Shakshuka...ish Eggs

Serves 1

Ingredients:

1 tsp olive oil
½ small onion, diced
½ tsp minced garlic
1 small tomato, diced
Salt and pepper to taste
½ tsp dried oreganum
1 cup chopped spinach
2 eggs
1 slice sourdough bread

Method:

- Heat the oil in a frying pan over medium to high heat.
- Add the onion and fry until softened, then add the garlic and cook for another minute or so.
- Add the tomato, seasoning, and oreganum. Feel free to add some chili if you like it spicy 🌶️.
- Cover and cook until the tomatoes start breaking down. Stir occasionally.
- Add the spinach, stir it in, and cover it to wilt for about one minute.
- Make 2 holes in the tomato and crack the eggs into them.
- Cover and cook the eggs until they are done according to your preference.
- In the meantime, toast your sourdough bread.
- Top the toast with the eggs and tomato sauce and savour the flavours of Tunisia and the Mediterranean 🌴



Lunch: Caprese Sandwich

Serves 1

Ingredients:

1 seed roll
1 Tbs mayonnaise
1 tsp basil pesto
½ cup shredded lettuce
1 small tomato, sliced
60g mozzarella

Method:

- Slice the roll length-ways.
- Mix the mayonnaise and basil pesto together and spread it on the roll.
- Layer the lettuce, tomato, and mozzarella on the roll.
- Close the roll, take a seat, and savour the Mediterranean freshness.



Supper: Hake Kebabs with Brown Rice and Roast Veggiess

Serves 4

Ingredients:

500g Hake or Kingklip,
trimmed of all skin and bone
and cut into 2.5cm cubes
4 skewers
2 thumb-sized pieces fresh
ginger , thinly sliced
Juice and zest of 1 lemon
1 tsp turmeric
2 cloves garlic
1 tsp dried chilli flakes
(optional)
1 handful fresh mint
4 tablespoons natural
yoghurt
1 cup brown rice
2 cups water
1 tsp salt
1 packet roasting vegetables
(or a selection of vegetables
that roast well)
1 Tbs olive oil
Salt and pepper to taste

Method:

- Cook the rice: Place the rice, water, and salt in a large pot, bring to the boil, turn down the heat, and simmer for 40 minutes or until the rice is cooked.
- Roast the vegetables: Preheat the oven to 180°C. Spread the veggies over a baking sheet, drizzle with oil, and season with salt and pepper. Roast for 20 minutes or until the vegetables are cooked to your liking.
- Prepare the fish: Put all the marinade ingredients except the yoghurt into a food processor and blitz until smooth. Stir in the yoghurt. Using the skewers, skewer the fish. Drizzle with the marinade and grill for 2 minutes each side.
- Dish up some rice, veggies, and a fish sosatie on each plate and enjoy.



Day 3

Breakfast: Strawberry-Peanut Butter Smoothie

Serves 1

Ingredients:

½ cup milk
½ cup strawberries
½ cup chopped spinach
⅓ cup cup raw oats
½ cup Greek yoghurt
1 Tbs peanut butter
⅓ cup apple juice
Ice cubes (optional)

Method:

- Place all the ingredients in a blender and blend until smooth.
- The ice cubes make the smoothie perfect for a warmer morning or after a workout. They also enhance the texture of your smoothie.



Lunch: Greek Pasta Salad

Serves 4

Ingredients:

Juice of 1 lemon
2 cloves of garlic, crushed
¼ cup olive oil
½ tsp dried oregano
Salt and pepper to taste

250g pasta – spirals, penne,
or bow ties
720g chicken fillets
1 ½ cups sliced cucumber
1 green pepper, diced
¼ cup sliced olives
1 punnet cherry tomatoes,
halved
¼ cup chopped parsley
60g feta, crumbled

Method:

- First make the marinade/dressing. Zest the lemon before squeezing it. Mix together the lemon juice, a pinch of zest, crushed garlic, olive oil, oregano, salt, and pepper.
- Place the chicken in a bowl or zip-lock bag and pour over half of the marinade/dressing. Make sure all the chicken is covered and allow to marinate for at least 30 minutes.
- In the meantime, cook the pasta. Once cooked, drain and allow it to cool.
- Heat a frying pan over medium to high heat and cook the chicken, turning 3 -4 times to ensure even cooking and to brown both sides equally.
- Once the chicken is cooked, remove it from the heat and allow it to rest for 5 minutes. Slice the chicken when it has cooled.
- Place all the salad ingredients, including the pasta and chicken, in a large bowl and mix in the remaining marinade/dressing.
- Dish up the salad into 4 bowls or meal prep containers and enjoy a satisfying lunch.



Supper: Grilled Steak with Broccoli and Butter Beans

Serves 4

Ingredients:

2 cups of broccoli, cut into florets
2 Tbs olive or canola oil
1 fresh long red chilli, finely chopped (optional)
2 cloves crushed garlic
2 anchovy fillets, finely chopped (alternatives: 1 tsp fish paste)
400g can butter beans, rinsed and drained
8 beef minute steaks
2 Tbs lemon juice

Method:

- Place the broccoli in a heatproof bowl. Cover with boiling water. Stand for 2 minutes. Drain. Refresh in iced water. Drain.
- Meanwhile, heat 1 Tbs of the oil in a frying pan over medium heat. Add the chilli, garlic, and anchovies or fish paste. Cook, stirring, for 1 minute or until aromatic.
- Add the broccoli to pan. Cook, stirring occasionally, for 3 minutes or until broccoli is tender crisp.
- Add the butter beans and cook, stirring, for 1–2 minutes until warmed through. Season with salt and pepper. Keep warm.
- Heat 1 tsp of the remaining oil in a second frying pan over high heat. Season the steaks with salt and pepper. Cook 3 steaks for 1 minute or until browned on both sides and just cooked through. Transfer to a plate. Repeat, in batches, with remaining oil and steaks.
- Remove pan from the heat and allow to cool for 1 minute. Deglaze pan with the lemon juice, scraping the pan with a flat edged wooden spoon for 30 seconds. Transfer to a bowl.
- Place 2 steaks on each plate. Top with the butter bean mixture and drizzle with pan juices. Yum!



Snack Ideas

Some people feel hungry between meals. Others are happy with only 3 meals per day.

Use snacks to fill the gap without adding too many extra calories to your meal plan.



5 Quick, Easy, and Healthy Snacks:

1. Homemade popcorn
2. Dried fruit and nuts
3. Yogurt and berries
4. Veggies with hummus
5. Provitats with cottage cheese and sliced cherry tomatoes





This plan is just a taste of what's possible when you have the right guidance and support. If you're ready to take the next step, my [Health Reset Package](#) can help you create a routine that truly works for your lifestyle.



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