7-day Mediterranean diet meal plan

By the Vegochef team · Editorial standards · Last checked 27 Oct 2026 · 9 min read

The plan in short: seven days of easy Mediterranean meals: yogurt, oats and toast for breakfast; lentil, chickpea and potato salads for lunch; bean stews, pasta, shakshuka and roasted vegetables for dinner. Everything is vegetarian, every meal has a vegan swap, and several dinners make enough for the next day's lunch, so you cook only about five times.

This plan turns the Mediterranean diet into a real week of food: vegetables at every meal, legumes every day, extra virgin olive oil as your main fat, and simple dishes from Greece, Italy and the Levant. All recipes are tested in the Vegochef app and written for one serving; double them for two.

The 7-day plan

Recipes link to the full method. "Leftovers" means you cooked a double portion the night before.

DAY	BREAKFAST	LUNCH	DINNER
Monday	Greek yogurt with walnuts, figs or berries and a drizzle of honey	Lentil salad	Caramelised onion butter beans with wholegrain bread and a green salad (cook double)
Tuesday	Avocado toast with sliced tomatoes	Leftover butter beans on toast	White shakshuka with crusty bread

DAY	BREAKFAST	LUNCH	DINNER
Wednesday	Overnight oats with milk or soy milk, chia, grated apple and cinnamon	Greek-style potato salad with a can of chickpeas	Pesto orzo with spiced chickpeas (cook double)
Thursday	Poached eggs, avocado and feta toast	Leftover pesto orzo	Roasted eggplant and chickpea salad with bulgur (cook double)
Friday	Greek yogurt with oats, orange segments and almonds	Leftover eggplant and chickpea salad in wholegrain pitta with hummus	Creamy tomato rigatoni with burrata
Saturday	Toasted sourdough rubbed with tomato, olive oil and salt (pan con tomate), with a few olives	Charred pepper panzanella	Fried halloumi salad with lentils, cucumber and mint
Sunday	Overnight oats with walnuts and berries	Mediterranean potato salad	Creamy roasted garlic tomato soup with bread and white beans on the side

Snacks (pick one or two a day): a piece of fruit, a small handful of almonds or walnuts, hummus with carrot and cucumber, olives, or yogurt with seeds.

A look at the week

Vegan swaps for every day

- **Monday:** soy yogurt with walnuts, fruit and maple syrup. The lentil salad and butter beans are already vegan.
- **Tuesday:** the avocado toast is vegan. For dinner, make the shakshuka base (butter beans, mushrooms, spinach) without eggs, crème fraîche and Parmesan, and top it with crispy tofu. See how to cook tofu.
- **Wednesday:** overnight oats with soy milk. The Greek-style potato salad is vegan. Use a vegan pesto in the orzo.
- **Thursday:** smashed white beans and avocado on toast with lemon and chilli. The eggplant and chickpea salad is vegan.
- **Friday:** soy yogurt bowl. For dinner, make our vegan sun-dried tomato pesto pasta salad and serve it warm.
- **Saturday:** pan con tomate is vegan. Make the panzanella without mozzarella and add chickpeas. Swap the halloumi for crispy tofu or roasted chickpeas.
- **Sunday:** oats with soy milk. Make the potato salad without mozzarella, with vegan pesto. For the soup, blend in white beans instead of cream cheese.

Grocery list for the week

For one person. Double for two. Check the fridge and cupboard first.

Vegetables and fruit

- Tomatoes, cherry tomatoes and grape tomatoes
- Cucumber, red onions, yellow onions, garlic
- Red peppers (3), eggplant (1), mushrooms
- Small potatoes, spinach, rocket

- Avocados (3), lemons (3)
- Fresh basil, parsley, mint and dill
- Fruit: figs or berries, oranges, apples

Beans, grains and bread

- Canned lentils (2), chickpeas (3), butter beans (2), white beans (1)
- Orzo, rigatoni or wholewheat pasta, bulgur, oats
- Sourdough or wholegrain bread, wholegrain pitta, focaccia

Dairy and eggs (vegetarian)

- Greek yogurt, eggs (2), feta, halloumi, mozzarella, burrata
- Parmesan or a vegetarian hard cheese, crème fraîche, cream cheese
- Oat cream (for the butter beans), milk or soy milk

Pantry

- Extra virgin olive oil, red wine vinegar
- Pesto, sun-dried tomatoes, pine nuts, olives, hummus or tahini
- Walnuts, almonds, chia seeds, honey or maple syrup
- Canned tomatoes, tomato paste, vegetable broth
- Oregano, cumin, paprika, chilli flakes, Italian seasoning

Vegan swaps

- Soy yogurt and soy milk, firm tofu, vegan pesto, nutritional yeast, cashews

Our vegetarian grocery list has a full staples checklist with tick boxes.

Prep plan: one hour on Sunday

1. **Roast a tray of vegetables:** eggplant and peppers in olive oil (for Thursday's salad and Saturday's panzanella).
2. **Cook the bulgur** for Thursday and Friday.
3. **Make a jar of dressing:** olive oil, lemon juice, red wine vinegar, garlic and oregano.
4. **Prepare two jars of overnight oats** for Wednesday and Sunday's breakfasts.
5. **Wash the herbs and salad leaves,** wrap in a damp towel and keep in the fridge.

Cooked food keeps 3–4 days in the fridge, so the plan uses leftovers within a day or two.

Make the plan fit you

- **More or fewer calories:** adjust bread, olive oil and nuts. Find your target with the calorie (TDEE) calculator, or the calorie deficit calculator to lose weight.
- **More protein:** add a can of beans or lentils to lunches, Greek or soy yogurt to breakfasts, and tofu to dinners. See high-protein meals.
- **On a budget:** use dried lentils and chickpeas, frozen spinach, seasonal vegetables and store-brand olive oil.
- **No time on weekdays:** cook Monday's butter beans and Wednesday's orzo on Sunday, too.

Why this is a Mediterranean plan

Every day has vegetables and fruit, a legume, whole grains and extra virgin olive oil, with yogurt, cheese and eggs in moderate amounts. That matches the Mediterranean diet pyramid, in a vegetarian version. Traditionally, meat was eaten only rarely, on special occasions, so leaving it out stays true to how the diet was eaten.

Frequently asked questions

Is this Mediterranean meal plan vegetarian? +

How many calories is this meal plan? +

Do I need to eat fish on the Mediterranean diet? +

Can I repeat the plan every week? +

Can I make this plan for two people? +

This guide is general information for healthy adults, not medical advice. Talk to your doctor or a dietitian before starting or changing supplements, especially if you're pregnant, breastfeeding or have a health condition.

Sources

- Willett WC et al. Mediterranean diet pyramid: a cultural model for healthy eating. American Journal of Clinical Nutrition, 1995.
- Dietary Guidelines for Americans 2020–2025: healthy Mediterranean-style and vegetarian eating patterns (dietaryguidelines.gov)
- USDA food safety guidance: storing cooked food (foodsafety.gov)

From vegochef.com: meal planner and nutrition tracker for vegans, vegetarians and pescatarians. Free for 7 days on the App Store.