

# 10 BEST MEDITERRANEAN DIET RECIPES

## BREAKFAST



Egg White Omelet with Veggies



Avocado Toast & Greek Yogurt



Tahini Banana Shakes

## LUNCH



Spinach & Feta Stuffed Chicken



Shakshuka



Loaded Chickpea Salad

## DINNER



Eggplant Rollatini &  
Lentil Salad



Baked Trout with Roasted  
Vegetables



Seared Scallops with  
Sauteed Kale



Quinoa Stuffed  
Bell Peppers