



7-DAY HEALTHY

Mediterranean Meal Plan



SIMPLE GREEN
smoothies

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PASSION. WE CELEBRATE PLANT-
BASED FOODS, COMMUNITY
AND A POSITIVE MINDSET EACH
AND EVERY DAY. OUR HOPE
IS THAT YOU WILL EAT + DRINK
MORE PLANTS AND GO AFTER YOUR
DREAMS. THAT'S WHAT WE CALL A
"KALE YEAH!"

VISIT [**RAWKTHEYEAR.COM**](https://rawktheyear.com)
TO CREATE YOUR OWN WEEKLY MEAL PLANS.

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Meal Plan

	BREAKFAST	SNACK	DINNER	WATER
Mon	 Strawberry Banana Smoothie ☐	 Heaven in a Bowl ☐	 Mediterranean Squash Bowl ☐	
Tue	 Vegan Tropical Green Smoothie ☐	 Herbalicious Hummus ☐	 Vegan Pumpkin Soup ☐	
Wed	 Mixed Berry Green Smoothie ☐	 Savory Trail Mix ☐	 Austinite Tacos ☐	
Thu	 Strawberry Banana Smoothie ☐	 Heaven in a Bowl ☐	 Autumn Salad in a Jar ☐	
Fri	 Vegan Tropical Green Smoothie ☐	 Herbalicious Hummus ☐	 Simple Green Veggie Bowl ☐	
Sat	 Mixed Berry Green Smoothie ☐	 Savory Trail Mix ☐	 Comfort Soup ☐	
Sun	 Strawberry Banana Smoothie ☐	 Heaven in a Bowl ☐	 Stuffed Portobello Mushrooms ☐	

Grocery List

FRESH VEGETABLES

- ☐ asparagus - 1 cup
- ☐ brussels sprouts - 1 cup
- ☐ butternut squash, cubed - 1 cup
- ☐ cauliflower head - $\frac{3}{4}$ cup + $\frac{1}{2}$
- ☐ cauliflower, frozen - 1 $\frac{1}{2}$ cups
- ☐ cherry tomatoes - $\frac{1}{2}$ cup
- ☐ cilantro - $\frac{3}{4}$ cup
- ☐ coleslaw - $\frac{1}{2}$ cup
- ☐ dill, fresh - $\frac{1}{2}$ cup
- ☐ fresh basil - 2 tbsp
- ☐ garlic clove - 8 $\frac{2}{3}$
- ☐ green onion - $\frac{1}{4}$ cup
- ☐ kale - 6 cups
- ☐ leek - 1
- ☐ mint - $\frac{1}{3}$ cup + 2 $\frac{1}{8}$ tsp
- ☐ onion - $\frac{1}{2}$
- ☐ parsley - 1 $\frac{1}{8}$ cups
- ☐ portobello mushrooms - 2
- ☐ potato - 1
- ☐ pumpkin - $\frac{2}{3}$
- ☐ rosemary - 1 $\frac{2}{3}$ tsp
- ☐ sage - $\frac{2}{3}$ tsp
- ☐ spaghetti squash - 1
- ☐ spinach - 8 cups
- ☐ sweet potato - $\frac{1}{2}$
- ☐ thyme - $\frac{2}{3}$ tsp
- ☐ yellow onion - $\frac{1}{2}$

OILS & LIQUIDS

- ☐ Dijon mustard - 1 $\frac{1}{4}$ tsp
- ☐ almond milk - 6 cups
- ☐ apple cider vinegar - 1 $\frac{1}{2}$ tsp
- ☐ avocado oil - 1 tbsp + 2 tsp
- ☐ balsamic vinegar - $\frac{1}{4}$ cup
- ☐ bbq sauce - $\frac{1}{4}$ cup
- ☐ coconut oil - $\frac{1}{4}$ cup + 1 $\frac{1}{2}$ tsp
- ☐ dijon mustard - $\frac{1}{3}$ tsp
- ☐ honey - $\frac{2}{3}$ tsp
- ☐ maple syrup - 3 tbsp + 1 $\frac{1}{2}$ tsp
- ☐ olive oil - 1 cup + 2 tsp
- ☐ sriracha sauce - 1 tbsp
- ☐ tahini - 2 tbsp
- ☐ tamari - $\frac{1}{2}$ tsp
- ☐ vegetable stock - 3 $\frac{1}{8}$ cups + 2 tsp
- ☐ water - 7 cups

FRESH FRUIT

- ☐ avocado - $\frac{1}{2}$
- ☐ banana - 13
- ☐ cherries - 2 cups
- ☐ lemon - 5 $\frac{1}{2}$
- ☐ mixed berries - 2 cups
- ☐ orange - 2 cups
- ☐ pineapple - 2 cups
- ☐ strawberries - 10 cups

GRAINS

- ☐ brown rice - $\frac{3}{4}$ cup
- ☐ coconut sugar - 1 tsp
- ☐ corn tortillas - 6
- ☐ quinoa - $\frac{1}{2}$ cup

SEASONINGS

- ☐ crushed red pepper
- ☐ garlic powder
- ☐ ground black pepper
- ☐ nutritional yeast - 1 tbsp
- ☐ sea salt

CANNED GOODS

- ☐ canned chickpeas - 3 $\frac{3}{4}$ cups
- ☐ canned coconut milk - $\frac{3}{4}$ cup
- ☐ kalamata olives - $\frac{2}{3}$ cup
- ☐ marinated artichoke hearts - $\frac{1}{2}$ cup
- ☐ sun-dried tomatoes, in oil, jarred - $\frac{1}{2}$ cup

NUTS, SEEDS, & DRIED FRUIT

- ☐ almond butter - 1 $\frac{1}{2}$ tsp
- ☐ almonds - $\frac{2}{3}$ cup + 2 $\frac{1}{3}$ tsp
- ☐ cashews - $\frac{2}{3}$ cup
- ☐ coconut flakes - 2 tbsp
- ☐ pecans - $\frac{1}{3}$ cup + $\frac{1}{8}$ tsp
- ☐ pepitas - $\frac{1}{4}$ cup + 2 tsp
- ☐ pomegranate arils (seeds) - $\frac{1}{4}$ cup
- ☐ sliced almonds - 1 cup
- ☐ sunflower seeds - 2 tbsp
- ☐ walnuts - 1 cup

OPTIONAL

- ☐ carrot - $\frac{1}{2}$ cup
- ☐ celery - $\frac{1}{2}$ cup
- ☐ chia seeds - $\frac{1}{3}$ cup + 2 $\frac{1}{8}$ tsp
- ☐ cucumber - $\frac{1}{2}$ cup
- ☐ radishes - $\frac{1}{2}$ cup
- ☐ red bell pepper - $\frac{1}{2}$ cup



Austinite Tacos

★★★★★ 4.9

🕒 45 min

🍴 2

INGREDIENTS

6 corn tortillas, warmed
½ cauliflower head, cut into small florets
½ sweet potato, cut into 1-inch cubes
½ yellow onion, diced
1 tbsp coconut oil, melted
sea salt
ground black pepper
¾ cup canned chickpeas, drained and rinsed
¼ cup bbq sauce

CASHEW COLESLAW

¼ cup cashews, soaked for 1 to 4 hours
1 ½ tsp lemon, juiced
1 garlic clove
½ tsp Dijon mustard
1 ½ tsp apple cider vinegar
1 tsp coconut sugar
½ cup coleslaw
dash of sea salt

TOPPINGS

¼ cup cilantro, chopped
½ avocado, sliced
¼ cup green onion, sliced
½ cup cherry tomatoes, diced

INSTRUCTIONS

- 1 Preheat the oven to 425°F. Line a baking sheet with parchment paper.
- 2 **Cashew Coleslaw:** Add cashews, garlic, mustard, salt, and lemon juice to a food processor. Add a few tablespoons water to help blend, if needed. In a mixing bowl, whisk the cashew cream, apple cider vinegar, coconut sugar and salt together. Add coleslaw and mix well. Store in fridge until ready to serve.
- 3 Spread cauliflower, sweet potato, and onion on baking sheet. Drizzle with oil. Season with salt and pepper and roast for 10 minutes.
- 4 Remove from oven and add chickpeas to the pan. Drizzle BBQ sauce on top. Bake for 7 minutes, or until veggies are tender.
- 5 Spoon BBQ veggies into warm tortillas. Add coleslaw and toppings. Enjoy the flavor explosion!

NOTES

Recipe from [Simple Green Meals](#).



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Autumn Salad in a Jar

★★★★★ 0

🕒 20 min

🍴 2

INGREDIENTS

- 1 cup butternut squash, cubed, cubed
- 2 tbsp coconut oil, melted
- ½ cup quinoa, dry
- 1 cup vegetable stock
- 1 ½ cups canned chickpeas, drained and rinsed
- 2 cups kale, stems removed and thinly sliced
- ¼ cup pomegranate arils (seeds)
- ¼ cup sliced almonds

BALSAMIC HERB VINAIGRETTE

- ¼ cup balsamic vinegar
- ⅔ tsp thyme, chopped
- ⅔ tsp rosemary, chopped
- ⅔ tsp sage, chopped
- ¼ tsp honey
- dash of dijon mustard
- dash of sea salt
- dash of ground black pepper
- dash of garlic powder
- ½ cup olive oil

INSTRUCTIONS

- 1 For Balsamic Vinaigrette: In a pint mason jar, combine the vinegar, thyme, rosemary, sage, honey, mustard, salt, pepper, and garlic powder. Attach the lid and shake until well combined.
- 2 Add the oil to the jar, reattach the lid, and shake again. Store in the fridge for 1 to 2 weeks.
- 3 For Autumn Salad in a Jar: Preheat the oven to 450°F. Line a baking sheet with parchment paper.
- 4 In a small bowl, toss the butternut squash with the oil, then spread the pieces on the prepared baking sheet. Bake for 20 minutes, or until soft and lightly browned. Let cool completely.
- 5 Meanwhile, prepare the quinoa. Place the quinoa in a fine-mesh sieve and rinse well with cool water to remove the bitter saponins. Drain well.
- 6 In a medium pot, combine the quinoa and stock. Bring to a boil, reduce the heat to low, and cover the pot. Cook for 15 minutes, or until the quinoa is cooked through. Let stand for 20 minutes, or until cooled completely.
- 7 Once cooled, layer the ingredients into 2 jars with tight-fitting lids, starting at the bottom and working up in this order: ½ cup butternut squash, ½ cup chickpeas, ½ cup quinoa, 1 cup kale, 2 tablespoons pomegranate seeds, 2 tablespoons sliced almonds. Close the lids tightly.
- 8 When ready to serve, add 2 tablespoons of the vinaigrette to the jars and gently shake to coat the ingredients with the dressing. Open and eat right out of the jar or pour onto a plate. This can be made up to 3 days in advance—just be sure to keep the vinaigrette separate until ready to eat.

NOTES

Recipe from [Simple Green Meals](#).



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Comfort Soup

★★★★★ 4.3

⌚ 40 min

✂ 2

INGREDIENTS

KALE CROUTONS

1 cup kale, washed, dried thoroughly, tough stems removed
1 ½ tsp coconut oil
⅔ tsp Dijon mustard
dash of sea salt

COMFORT SOUP

1 tbsp coconut oil
1 leek, sliced
1 potato, unpeeled and chopped
2 garlic clove
2 cups vegetable stock
¾ cup cauliflower head, chopped into florets
dash of sea salt
dash of ground black pepper
dash of nutritional yeast

INSTRUCTIONS

- 1 For Kale Croutons: Preheat oven to the lowest setting — usually 300°F (150°C). Line a baking sheet with parchment (baking) paper.
- 2 Mix coconut oil and mustard together in a small bowl. Tear kale into large pieces and place in a bowl. Smother the kale with the combined oil and mustard. Season with a pinch of sea salt.
- 3 Arrange on a baking sheet and place in the oven for 20-25 minutes, or just until the kale is crispy.
- 4 For Comfort Soup: Heat the coconut oil in a saucepan. Add the leek and a pinch of salt. Cook until leek starts to soften. Add the potato and cover with lid. Cook for 5 minutes, or until the potato starts to soften.
- 5 Add the garlic and stock and bring to a simmer.
- 6 Add the cauliflower and cook for a few minutes, until cauliflower is tender.
- 7 Remove from heat and puree using an immersion or standard blender. (Use caution when using a standard blender. The soup will be hot!) Taste and add more sea salt, if necessary. If soup is too thick, add a little more vegetable broth.
- 8 Ladle into bowl. Top with Kale Croutons, salt and pepper.

NOTES

Recipe from [Fresh Start: Autumn Flavors](#)



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Heaven in a Bowl

★★★★★ 4.8

🕒 10 min

🍴 6

INGREDIENTS

4 cups strawberries, stems removed and sliced

¾ cup sliced almonds

1 tbsp + 3 tsp lemon, zest

⅓ cup + 2 ⅛ tsp mint, roughly chopped

3 tbsp maple syrup

INSTRUCTIONS

- 1 Combine strawberries, almonds, lemon zest, and mint in a bowl.
- 2 Drizzle with the maple syrup (optional depending on the sweetness of your berries) and stir.

NOTES

Recipe from [Fresh Start: Autumn Flavors](#)



Herbalicious Hummus

★★★★★ 4.5

🕒 15 min

🍴 4

INGREDIENTS

1 ½ cups canned chickpeas, rinsed and drained

1 cup parsley, loosely packed

½ cup cilantro, loosely packed

½ cup dill, fresh

2 garlic clove

2 tbsp lemon, juiced

¼ cup olive oil

2 tbsp tahini

½ tsp sea salt

FOR SERVING

½ cup cucumber, sliced

½ cup carrot, cut into sticks

½ cup celery, cut into sticks

½ cup red bell pepper, sliced

½ cup radishes

INSTRUCTIONS

- 1 Place the chickpeas into a food processor or blender. Pulse to chop the chickpeas.
- 2 Add the remaining ingredients. Process or blend until smooth. Stop and scrape down the sides as needed.
- 3 Transfer to an airtight container and store until ready to serve.
- 4 Serve ¼ - ½ cup hummus with fresh veggies.

NOTES

Note: This will keep 3-5 days in the refrigerator, or frozen up to several months.

Recipe from [Fresh Start: Spring](#)



Mediterranean Squash Bowl

★★★★★ 4.5

🕒 50 min

🍴 2

INGREDIENTS

1 spaghetti squash, seeds removed

olive oil, for drizzling

sea salt, for seasoning

ground black pepper, for seasoning

TOPPINGS

2 cups kale, cut into thin ribbons

½ cup marinated artichoke hearts, drained and chopped

½ cup kalamata olives

½ cup walnuts, chopped

¼ cup sun-dried tomatoes, in oil, jarred, chopped or julienned

2 tbsp lemon, juiced

2 tbsp olive oil

2 tbsp parsley, roughly chopped

sea salt, to taste

ground black pepper, to taste

crushed red pepper

VEGAN CHEESE SPRINKLE

¼ cup almonds

¼ cup cashews

2 tbsp nutritional yeast

¼ tsp sea salt

dash of garlic powder

INSTRUCTIONS

- 1 For Vegan Cheeze Sprinkle: Place all the ingredients in a food processor and pulse until finely chopped. The mixture should look like breadcrumbs.
- 2 Transfer to an airtight container and store in a cool, dry place or refrigerate up to several weeks.
- 3 Preheat oven to 400°F. Line a baking sheet with parchment paper.
- 4 Place the squash half on the baking sheet and drizzle with a little olive oil (just enough to keep it from drying out) and season well with salt and pepper. Flip it over and bake, cut-side down for 40–45 minutes.
- 5 To test for doneness, insert the tip of a sharp knife into the squash at various places. It should be easily pierced. Keep warm until ready to serve.
- 6 To serve, use a fork to scrape the squash strands away from the shell. Season with a little more salt and pepper.
- 7 Place the kale, artichoke hearts, kalamata olives, walnuts, and sun-dried tomatoes on top of the squash.
- 8 Squeeze lemon juice over the top, drizzle with olive oil, and top with the Vegan Cheeze Sprinkle, chopped fresh parsley, and a pinch of crushed red pepper. Eat immediately.

NOTES

Notes:

Another squash, such as butternut, can be substituted for the spaghetti squash. If using another squash, peel it first and spiralize or use a vegetable peeler to create thin ribbons. Toss with a little olive oil and roast in the oven for 10–15 minutes, or until tender. Top as directed and eat while warm.

Recipe from [Thrive Winter](#)



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Mixed Berry Green Smoothie

★★★★★ 0 | ⌚ 5 min | 🍴 4

INGREDIENTS

- 4 cups spinach
- 4 cups water
- 2 cups cherries, pitted
- 2 cups mixed berries
- 2 banana

INSTRUCTIONS

- 1 Blend spinach and water together until smooth.
- 2 Add remaining ingredients and blend again.



Savory Trail Mix

★★★★★ 5 | ⌚ 15 min | 🍴 4

INGREDIENTS

- $\frac{1}{3}$ cup + $\frac{1}{8}$ tsp almonds
- $\frac{1}{3}$ cup + $\frac{1}{8}$ tsp pecans
- 2 tbsp coconut flakes, unsweetened
- 2 tbsp pepitas
- 2 tbsp sunflower seeds
- 2 tsp olive oil
- 1 tsp rosemary, finely minced
- $\frac{1}{4}$ tsp sea salt

INSTRUCTIONS

- 1 Preheat oven to 350°F. Place nuts, coconut, pepitas, and sunflower seeds on a rimmed baking sheet.
- 2 Drizzle the olive oil over the nuts and seeds, and sprinkle with the herbs and sea salt. Toss to coat.
- 3 Bake for 8–10 minutes, or until nicely toasted. Remove from oven and let cool completely. Transfer to an airtight container.
- 4 Makes about 1 cup (250mL). Each serving is $\frac{1}{4}$ cup (60mL).



Simple Green Veggie Bowl

★★★★★ 4.7

🕒 15 min

🍴 2

INGREDIENTS

FOR BLACKENED BRUSSELS SPROUTS:

1 cup brussels sprouts, trimmed and halved lengthwise
1 tbsp avocado oil
dash of sea salt
dash of ground black pepper
½ cup walnuts, halved
1 ½ tsp maple syrup

FOR THE VEGGIE BOWL:

1 cup asparagus, ends trimmed and cut into 2" pieces
dash of sea salt
dash of ground black pepper

FOR SERVING:

1 ½ cups brown rice, cooked

FOR COCONUT SRIRACHA SAUCE:

¼ cup canned coconut milk, full-fat
1 tbsp sriracha sauce
1 ½ tsp almond butter
½ tsp tamari
½ tsp honey
¼ tsp dijon mustard

INSTRUCTIONS

- 1 Make Coconut Sriracha sauce: in a small bowl, whisk together the ingredients. Refrigerate until ready to use.
- 2 Preheat oven to 425°F. Line a baking sheet with parchment paper, or grease it well.
- 3 In a medium bowl, toss the sprouts with the avocado oil. Season well with salt and pepper to taste. Arrange in a single layer on the prepared baking sheet. Roast for 10 minutes.
- 4 Meanwhile, toss the asparagus pieces with the avocado oil. Season well with salt and pepper. After the sprouts roast for the initial 10 minutes, move them to one side on the baking sheet and add the asparagus. Roast for 5 minutes.
- 5 While veggies are roasting, place the walnut halves in a bowl. Drizzle the maple syrup on top and stir to coat. Move the veggies again to one side on the baking sheet and add the coated walnuts. Roast for another 4 minutes or until the walnuts are toasted and caramelized.
- 6 To serve, spoon ¾ cup brown rice into four shallow bowls. Divide the veggies and walnuts between the bowls. Top with Coconut Sriracha Sauce and serve immediately.

NOTES

I often fly by the seat of my pants when it comes to dinner. I'll open the fridge and see what I can create out of the randomness—veggie bowls usually are the winner! I start the rice cooker while I decide what veggies to prepare. This dish is rich in carbohydrates, healthy fats, and plant-based protein—making it a balanced, awesome dinner for our family. The Coconut Sriracha Sauce kicks up the heat, but can be swapped with tamari to suit your taste preferences.

Recipe from [Simple Green Meals](#).



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Strawberry Banana Smoothie

★★★★★
4.3

🕒 15 min

🍴 6

INGREDIENTS

6 cups strawberries

9 banana

6 cups almond milk, unsweetened

1 ½ cups cauliflower, frozen

⅓ cup + 2 ⅛ tsp chia seeds, optional

INSTRUCTIONS

- 1 Blend all ingredients until smooth.
- 2 Pour into a glass and enjoy!

NOTES

If using fresh cauliflower, make sure to use 1 frozen fruit for a refreshingly cool smoothie.



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Stuffed Portobello Mushrooms

★★★★★ 5

🕒 33 min

🍴 2

INGREDIENTS

2 portobello mushrooms
2 tbsp olive oil
¼ onion, finely chopped
2 garlic clove, minced
¼ cup sun-dried tomatoes, in oil, jarred, drained and chopped
2 tbsp kalamata olives, diced
1 cup kale, chopped
dash of sea salt
dash of ground black pepper
2 tbsp fresh basil, finely chopped

VEGAN CHEESE SPRINKLE

2 tbsp almonds
2 tbsp cashews
1 tbsp nutritional yeast
dash of sea salt
dash of garlic powder

INSTRUCTIONS

- 1 Destem, degill and wipe down outside of mushrooms. Place mushrooms on baking sheet facing up and drizzle with olive oil, salt and pepper. Bake at 400 degrees F for 15 minutes.
- 2 Add 2 tablespoons of olive oil to a pan on medium high heat while mushrooms are baking. Sauté onions until transparent. Add sun-dried tomatoes, garlic and olives and cook for 3 minutes. Add kale and cook for 3 minutes. Set aside.
- 3 Once mushrooms are done, scoop the sun-dried tomato mixture into the mushrooms.
- 4 Vegan Cheese Sprinkle: place ingredients in a food processor and pulse until finely chopped. Set aside.
- 5 Divide the vegan cheese sprinkle on top and bake for 7 minutes, until lightly toasted.
- 6 Remove from oven then top with fresh basil leaves and serve immediately.

NOTES

Tip: You can use a grill instead of the oven: grill the mushrooms, then add the filling and grill again until the tops are lightly toasted.

Tip: Use regular parmesan cheese instead of the Vegan Cheese Sprinkle to make this vegetarian.

Tip: To make as a hors d'oeuvres, you can use destemmed, cleaned out button mushrooms instead of portobello and spread the filling across several mushrooms.



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Vegan Pumpkin Soup

★★★★★
2.3

🕒 55 min

🍴 2

INGREDIENTS

2/3 pumpkin
2 tsp avocado oil
1/3 onion, thickly sliced
1 2/3 garlic clove, unpeeled
1/2 cup canned coconut milk
2 tbsp + 2 tsp vegetable stock
sea salt, to taste
ground black pepper

GARNISH

2 tbsp + 2 tsp pepitas

INSTRUCTIONS

- 1 Preheat oven to 425°F. Line a rimmed baking sheet with parchment paper.
- 2 Carefully cut open the pumpkins with a sharp chef's knife and a steady cutting board. Scoop out the seeds and discard or save for another use.
- 3 Rub the pumpkin halves with a little of the avocado oil. This keeps them from drying out during roasting. Toss a little more avocado oil with the onion and garlic. Arrange everything on the baking sheet. Sprinkle with sea salt. (The pumpkins do better being set cut-side down on the baking sheet.) Place in oven to roast for 30-35 minutes, or until pumpkin is tender. The tip of a sharp paring knife should pierce through the pumpkin easily. Remove from oven and let cool slightly before handling.
- 4 Scoop the cooked pumpkin flesh from the skins. Place into the jar of a blender. It should measure about 2 1/2 cups of per pumpkin. Add the onion to the blender. Peel the garlic and add it to the blender too. Add a pinch of sea salt and pour the can of coconut milk into the blender. Puree until smooth. If the soup is too thick, add a little water or broth until desired texture is reached. If desired, season according to the directions in the recipe notes.
- 5 If the soup isn't hot enough, pour into a saucepan and heat gently before serving.



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Vegan Tropical Green Smoothie

★★★★★

4.5



5 min



4

INGREDIENTS

4 cups spinach

3 cups water

2 cups orange, peeled

2 cups pineapple

2 banana

INSTRUCTIONS

1

Blend spinach, water, orange together until smooth.

2

Add remaining ingredients and blend again.



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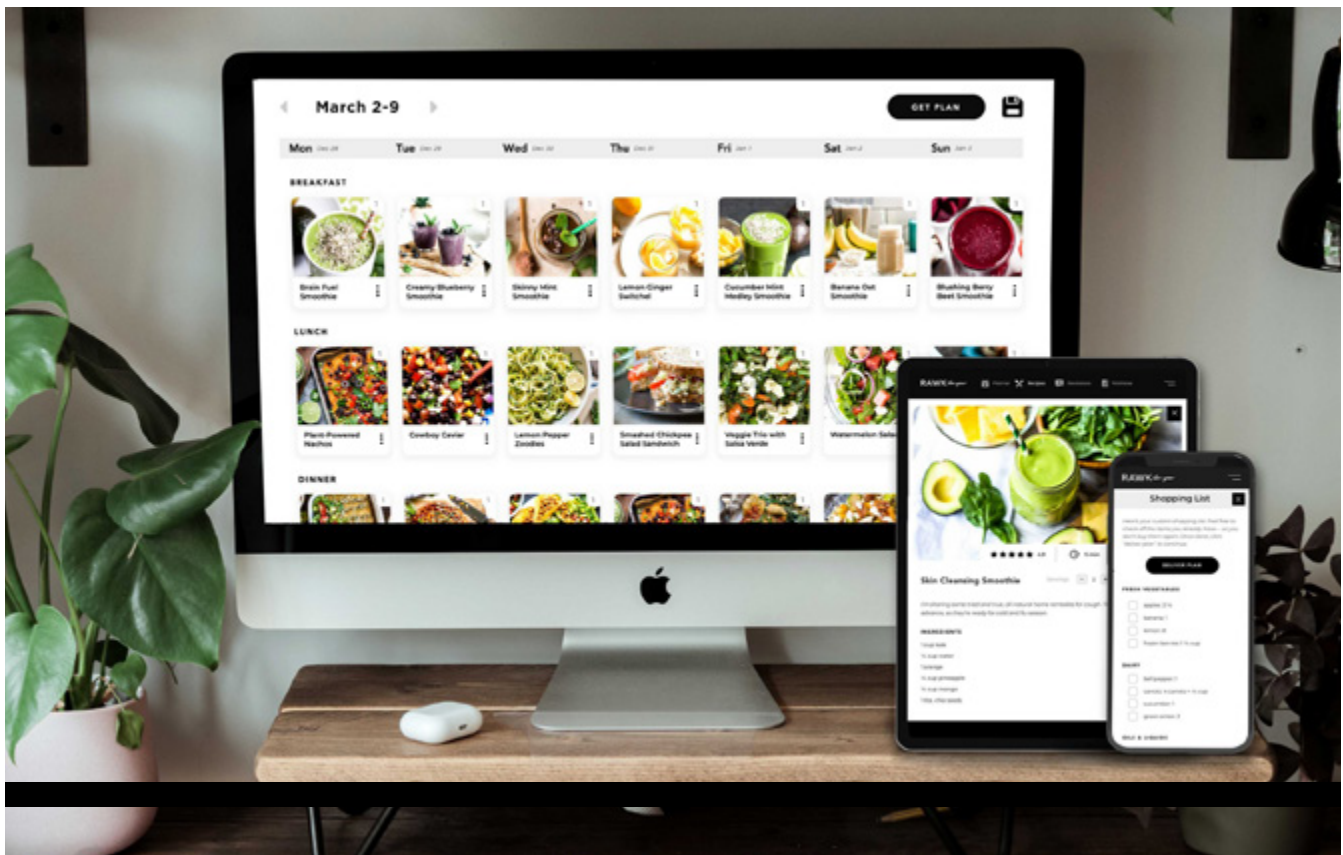


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