



[www.thesimplelunchbox.com.au](http://www.thesimplelunchbox.com.au)

## TSL Mediterranean Diet (Winter)

---

Bree Jenner

<https://www.thesimplelunchbox.com.au>

This is a Mediterranean style menu plan for

The Mediterranean Diet is rich in fruits, vegetables, whole grains, and heart-healthy fats, and limits added sugars, processed foods, refined grains and alcohol (bar the occasional red wine if appropriate). This style of eating has been shown to be supportive of healthy ageing, heart health, weight management, chronic disease prevention, including diabetes, heart disease and stroke.

### How to use your planner:

*The meal plan you have selected includes animal products including meat, poultry, fish, eggs and honey. If you would prefer a vegetarian or vegan option, please select the relevant planner.*

This planner is built using an American-based planner, so there are a details are different for Australian based users.

- Arugula - Rocket leaves
- Green onion - spring onion
- Pie pumpkin - use any pumpkin you like or is available to you. The brighter the better!
- Bell peppers - capsicum
- Yellow onion - white / brown onions
















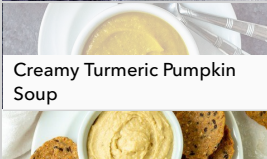


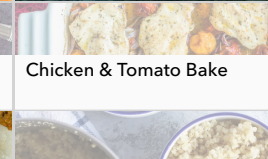









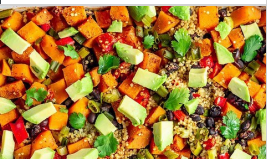





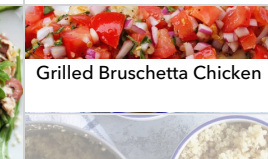
Also, there are a few things that may be harder to find or access, here are some swaps.

- Microgreens - These are just baby herbs. They're rich in nutrients, and pretty cute, but if you can't access these, feel free to swap for any of your favourite herbs, whether you grow at home or purchase.
- Bread - choose whichever bread suits your needs or preferences (e.g. gluten free, one loaf to suit all options). Try to choose options that are made from wholegrains (more fibre and natural nutrients), sourdough (fermented and easier to digest), and low in additives (e.g. preservatives, emulsifiers, sodium, sugar). For more information on choosing bread, head to the [blog](#), or head to the [Supercharged Toast ebook](#) for swaps and breakfast inspiration.

If you like the look of this meal plan, but need something more tailored to you and your family (e.g. food allergies, preferences, etc), head to the Questionnaires section on the [Shop](#) page and fill out your details and we will prepare a personalised plan, just for you.





	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Overnight Bircher Muesli	 Overnight Bircher Muesli	 Overnight Bircher Muesli	 Scrambled Eggs, Tomato & Pesto on Toast	 Scrambled Eggs, Tomato & Pesto on Toast	 Hummus Toast with Avocado	 Hummus Toast with Avocado
Snack 1	 Pear & Walnuts	 Pear & Walnuts	 Apple with Almond Butter	 Apple with Almond Butter	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries
Lunch	 Creamy Turmeric Pumpkin Soup	 Creamy Turmeric Pumpkin Soup	 Greek Chicken Salad	 Creamy Turmeric Pumpkin Soup	 Chicken & Tomato Bake	 Salmon, Asparagus & Capers	 Mediterranean Tuna Pasta Salad
Snack 2	 Cucumber Tuna Bites	 Cucumber Tuna Bites	 Hummus & Veggies Snack Box	 Hummus & Veggies Snack Box	 Apple Slices & Hummus	 Apple Slices & Hummus	 Apple Slices & Hummus
Dinner	 Sweet Potato Black Bean Quinoa Bake	 Greek Chicken Salad	 Sweet Potato Black Bean Quinoa Bake	 Chicken & Tomato Bake	 Salmon, Asparagus & Capers	 Mediterranean Tuna Pasta Salad	 Grilled Bruschetta Chicken



## Fruits

- 11 1/2 Apple
- 3 1/3 Avocado
- 2 2/3 cups Blueberries
- 2 Lemon
- 1 tbsp Lemon Zest
- 1 1/3 Lime
- 4 Pear

## Breakfast

- 1/2 cup Almond Butter

## Seeds, Nuts & Spices

- 1 1/3 tbsps Chili Powder
- 1 1/2 tsps Cinnamon
- 1 1/3 tbsps Cumin
- 1 1/3 tsps Garlic Powder
- 2 tbsps Greek Seasoning
- 3 tbsps Ground Flax Seed
- 2/3 cup Hemp Seeds
- 2 tbsps Herbes De Provence
- 1 tbsp Italian Seasoning
- 1 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Sliced Almonds
- 1/2 cup Sunflower Seeds
- 1 tbsp Turmeric
- 1 cup Walnuts

## Frozen

- 6 cups Frozen Berries

## Vegetables

- 8 cups Arugula
- 4 cups Asparagus
- 2 tbsps Basil Leaves
- 16 stalks Celery
- 7 cups Cherry Tomatoes
- 3 Cucumber
- 4 Garlic
- 12 stalks Green Onion
- 1 cup Microgreens
- 3 3/4 cups Pie Pumpkin
- 5 1/3 Red Bell Pepper
- 1 1/2 cups Red Onion
- 4 Sweet Potato
- 3 1/2 Tomato
- 1 1/2 Yellow Onion

## Boxed & Canned

- 2 2/3 cups Black Beans
- 2 cups Brown Rice Fusilli, Cooked
- 3/4 cup Canned Coconut Milk
- 2 1/3 cups Quinoa
- 3 cans Tuna
- 6 1/2 cups Vegetable Broth
- 300 grams Whole Grain Crackers

## Baking

- 3 cups Oats
- 1/3 cup Raisins
- 1/3 cup Unsweetened Shredded Coconut

## Bread, Fish, Meat & Cheese

- 1.5 kilograms Chicken Breast
- 8 slices Rye Bread
- 680 grams Salmon Fillet
- 4 slices Whole Grain Bread

## Condiments & Oils

- 3 1/2 tbsps Balsamic Vinegar
- 1/3 cup Capers
- 1 1/3 cups Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 1/4 cup Mayonnaise
- 2 tbsps Pesto
- 1 cup Pitted Kalamata Olives
- 1/2 cup Sun Dried Tomatoes

## Cold

- 4 Egg
- 7 cups Hummus
- 6 cups Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt
- 1/4 cup Whipping Cream

## Other

- 1 1/2 cups Water





## Overnight Bircher Muesli

6 servings

8 hours

### Ingredients

3 cups Oats (rolled)  
1/3 cup Unsweetened Shredded Coconut  
1/3 cup Sliced Almonds  
3 tbsps Ground Flax Seed  
1/3 cup Raisins  
1/3 cup Hemp Seeds  
3/4 tsp Cinnamon  
1 1/2 cups Unsweetened Almond Milk  
3 cups Unsweetened Coconut Yogurt  
1 1/2 Apple (medium, grated)

### Directions

- 1 In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
- 2 Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
- 3 Divide into bowls or jars in the morning, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Prep Ahead:** The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

**Likes it Sweet:** Serve with fresh berries and/or a drizzle of maple syrup or honey.

**More Protein:** Make with Greek yogurt instead of coconut yogurt.



## Scrambled Eggs, Tomato & Pesto on Toast

2 servings

10 minutes

### Ingredients

- 2 Egg
- 2 tbsps Whipping Cream
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Pesto
- 2 slices Whole Grain Bread (toasted)
- 1 Tomato (sliced)
- 1/2 cup Microgreens

### Directions

- 1 Lightly whisk the eggs and cream in a bowl. Season with salt and pepper.
- 2 Preheat a non-stick pan over medium heat. Add the egg mixture, wait a few seconds, then use a spatula to gently scrape the egg mixture from the bottom of the pan, for about two to three minutes, or until the eggs are cooked to your liking.
- 3 Spread the pesto onto the toast. Top with tomato slices, scrambled eggs, and microgreens. Enjoy!

### Notes

**Leftovers:** For best results, enjoy freshly made. The scrambled eggs can be prepared a day in advance and kept refrigerated.

**Serving Size:** One serving is equal to one piece of toast.

**Additional Toppings:** Chili flakes and/or fresh herbs like parsley and basil.

**Gluten-Free:** Use gluten-free bread instead.

**Dairy-Free:** Omit the whipping cream or use a milk alternative instead.





## Hummus Toast with Avocado

2 servings

10 minutes

### Ingredients

- 4 slices Rye Bread (toasted)
- 1 cup Hummus
- 1 Avocado (sliced or mashed)
- 1/4 cup Sunflower Seeds
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

### Notes

**No Sunflower Seeds:** Use hemp seeds, sesame seeds or pumpkin seeds instead.



## Pear & Walnuts

2 servings

5 minutes

### Ingredients

2 Pear  
1/2 cup Walnuts

### Directions

- 1 Slice the pear and serve with walnuts. Enjoy!

### Notes

**Nut-Free:** Use sunflower seeds instead of walnuts.

**More Flavor:** Season the pear with cinnamon.





## Apple with Almond Butter

2 servings

5 minutes

### Ingredients

2 Apple  
1/4 cup Almond Butter

### Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter.



## Yogurt & Berries

2 servings

5 minutes

### Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

### Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

### Notes

**Dairy-Free:** Use a dairy-free yogurt like coconut, almond or cashew.

**No Frozen Berries:** Use any type of fresh fruit instead.





## Creamy Turmeric Pumpkin Soup

6 servings

1 hour 15 minutes

### Ingredients

- 3 3/4 cups Pie Pumpkin
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 1/2 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Turmeric
- 3/4 tsp Sea Salt
- 3/4 tsp Cinnamon
- 3 3/4 cups Vegetable Broth (plus more if needed)
- 3/4 cup Canned Coconut Milk (full fat)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cut the pumpkin in half and scoop out the seeds. Rub the inside and coat the edges with 1/3 of the oil. Place cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin, measure out the amount needed in cups, and set aside. Store any leftover pumpkin in the fridge or freezer.
- 3 Heat the remaining oil in a pot over medium heat. Add the onion and cook for 3 to 5 minutes until just softened. Add the garlic, turmeric, sea salt and cinnamon. Stir to combine and cook for another minute more. Add the vegetable broth and then stir in the roasted pumpkin.
- 4 Bring the soup to a gentle boil and then let simmer for 5 to 10 minutes to allow the flavors to come together. Stir in the coconut milk.
- 5 Transfer the soup to a blender and blend until smooth. Add more vegetable broth to the blender until desired consistency is reached. Season with additional salt if needed.
- 6 Divide soup between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately 1 1/4 cups of soup.

**Pumpkin:** A 2 lb pie pumpkin yields approximately 2 1/2 cups.

**More Flavor:** Black pepper, fresh ginger or a drizzle of maple syrup or other liquid



---

sweetener.

**Additional Toppings:** Extra coconut milk or fresh herbs like cilantro.

**No Olive Oil:** Use butter, ghee or avocado oil instead.

**No Pumpkin:** Use a butternut squash instead.



## Crackers & Hummus

2 servings

5 minutes

---

### Ingredients

100 grams Whole Grain Crackers

1/2 cup Hummus

### Directions

- 1 Dip the crackers into the hummus and enjoy!





## Cucumber Tuna Bites

2 servings

5 minutes

### Ingredients

- 1 can Tuna (flaked and drained)
- 2 tbsps Mayonnaise
- 1 Cucumber (large, sliced into rounds)

### Directions

- 1 Add the tuna to a small bowl with the mayonnaise and mix together.
- 2 Top each cucumber round with a spoonful of the tuna mixture. Enjoy!

### Notes

**Leftovers:** Refrigerate leftovers separately in a sealed container up to three days.

**More Flavor:** Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.

**Additional Toppings:** Top with some sprouts or microgreens.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.



## Hummus & Veggies Snack Box

4 servings

5 minutes

### Ingredients

- 2 Red Bell Pepper (sliced)
- 8 stalks Celery (cut into small stalks)
- 1 1/3 cups Blueberries
- 1 cup Hummus

### Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 3 days.

**No Hummus:** Use guacamole or a ready-made dip instead.



## Apple Slices & Hummus

2 servings

5 minutes

### Ingredients

2 Apple  
1/2 cup Hummus

### Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

### Notes

No Apple: Use pear slices instead.





## Sweet Potato Black Bean Quinoa Bake

4 servings

55 minutes

### Ingredients

- 2 Sweet Potato (small, peeled and chopped)
- 1 1/3 cups Black Beans (cooked, from the can)
- 2/3 cup Quinoa (dry, uncooked)
- 2/3 Red Bell Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 2 tsps Chili Powder
- 2 tsps Cumin (ground)
- 2/3 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1 1/3 cups Vegetable Broth
- 2/3 Lime (juiced)
- 2/3 Avocado (diced)

### Directions

- 1 Preheat oven to 375°F (190°C).
- 2 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 3 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 4 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

### Notes

**Baking Dish:** Use a 9x13-inch dish for six servings.

**No Green Onion:** Use a white or red onion instead.

**No Red Bell Pepper:** Use a green or yellow bell pepper instead.

**Leftovers:** Keeps well in the fridge for up to four days.

**More Flavor:** Top with chopped cilantro, shredded cheese, salsa and/or sour cream.



## Greek Chicken Salad

4 servings

45 minutes

### Ingredients

- 2 tbsps Greek Seasoning
- 1 Lemon (juiced)
- 1/4 cup Extra Virgin Olive Oil
- 567 grams Chicken Breast (boneless, skinless)
- 3 cups Cherry Tomatoes (halved)
- 1 Cucumber (diced)
- 1/4 cup Red Onion (finely diced)
- 1 cup Pitted Kalamata Olives (chopped)
- 3 tbsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

### Notes

**Serving Size:** One serving is approximately 1 1/4 cup of veggies with chicken.

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Carbs:** Mix quinoa into the salad or serve with roasted potatoes.

**Cheese Lover:** Sprinkle with feta cheese.

**No Greek Seasoning:** Use Italian seasoning instead.





## Chicken & Tomato Bake

4 servings

25 minutes

### Ingredients

4 cups Cherry Tomatoes  
1 cup Red Onion (sliced)  
1/4 cup Extra Virgin Olive Oil (divided)  
2 tbsps Herbes de Provence (divided)  
Sea Salt & Black Pepper (to taste)  
680 grams Chicken Breast (halved lengthwise)

### Directions

- 1 Preheat the oven to 450°F (230°C).
- 2 In a baking dish, add the cherry tomatoes, red onions, half of the oil, and half of the Herbes de Provence. Season with salt and pepper. Toss to coat.
- 3 Brush the chicken breasts with the remaining oil. Season with the remaining Herbes de Provence, salt, and pepper. Nestle them with the tomatoes into the dish.
- 4 Bake for 15 to 20 minutes or until the chicken is cooked through and the tomatoes have started to blacken and release their juices. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately one cup of tomatoes with juices served with chicken.

**More Flavor:** Add garlic and parmesan cheese.

**Additional Toppings:** Fresh herbs like basil and/or parsley.

**Serve it With:** Your favorite grains, and/or slices of crusty bread.





## Quinoa

4 servings

15 minutes

### Ingredients

1 cup Quinoa (uncooked)

1 1/2 cups Water

### Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 3/4 cup.



## Salmon, Asparagus & Capers

4 servings

25 minutes

### Ingredients

680 grams Salmon Fillet (skinless)  
Sea Salt & Black Pepper (to taste)  
4 cups Asparagus (ends trimmed)  
1/3 cup Capers (rinsed)  
8 stalks Green Onion (thinly sliced)  
1/4 cup Extra Virgin Olive Oil  
1 tbsp Lemon Zest

### Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Season the salmon with salt and pepper. Set aside.
- 3 Toss the asparagus, capers, and green onions with the oil in a large bowl. Season with the lemon zest, salt, and pepper.
- 4 Remove the asparagus from the bowl and lay in a baking dish. Lay the salmon on top and top with the capers' mixture.
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through. Divide evenly between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately six ounces of salmon and one cup of asparagus.

**More Flavor:** Serve with quinoa, farro, millet, or rice.



## Mediterranean Tuna Pasta Salad

4 servings

15 minutes

### Ingredients

2 cups Brown Rice Fusilli, Cooked  
1/4 cup Extra Virgin Olive Oil  
1 Lemon (juiced)  
1 tbsp Italian Seasoning  
Sea Salt & Black Pepper (to taste)  
1/2 cup Green Olives (sliced)  
1/2 cup Sun Dried Tomatoes (sliced)  
1 can Tuna (drained and flaked)  
8 cups Arugula  
1/4 cup Hemp Seeds

### Directions

- 1 Cook the brown rice pasta according to directions on the package.
- 2 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 3 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 4 In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate for up to three days.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**Vegan:** Use chickpeas or lentils instead of tuna.





## Grilled Bruschetta Chicken

2 servings

30 minutes

### Ingredients

227 grams Chicken Breast  
Sea Salt & Black Pepper (to taste)  
1 1/2 Tomato (medium, diced)  
1/4 cup Red Onion (finely diced)  
1 Garlic (cloves, minced)  
2 tbsps Basil Leaves (chopped)  
1 1/2 tsps Extra Virgin Olive Oil  
1 1/2 tsps Balsamic Vinegar

### Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

### Notes

**Serve it With:** Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

**Cheese Lover:** Sprinkle with feta, goat cheese or shredded mozzarella before serving.

**No Grill:** Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.