

Vegan Mediterranean Diet Plan

In this vegan Mediterranean meal plan, we interweave principles of both diets to create a healthy plant-based approach to eating for better health.

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The [Mediterranean diet](#) is one of the healthiest diets in the world and was recognized by [U.S. News & World Report as 2019's Best Diet Overall](#) (for the second year in a row!), which means it is a diet that is relatively easy to follow, nutritious, safe, effective for weight loss and protects against chronic diseases, like diabetes and

heart disease. The [vegan diet](#) has some perks too, like protecting against those same chronic diseases and making it easier to lose weight and maintain that weight loss (thanks to all that plant-based fiber).

In this meal plan, we combine these two healthy diets to create a week of healthy and delicious plant-based meals that mimic the Mediterranean way of eating—with a focus on plenty of fruits and veggies, lean plant-based protein sources, whole grains and good-for-you mono- and polyunsaturated fats that are found in nuts, seeds, avocados and plant-based oils such as olive oil and grapeseed oil. Packaged up in [easy-to-follow recipes](#) with [simple meal-prep tips](#) to make the busy workweek less hectic, this meal plan makes this style of eating simple and delicious.

Related: [More Easy Mediterranean Diet Meal Plans](#)

We set this plan at 1,200 calories per day to promote a healthy weight loss of 1 to 2 pounds per week and added in modifications to bump it up to 1,500- and 2,000-calorie days, [depending on your needs](#).

Vegan Mediterranean Foods to Eat More Of

Here are the delicious vegan Mediterranean foods to eat more of, most of which are featured in this meal plan:

Whole grains: Quinoa, brown rice, old-fashioned rolled oats, whole-wheat pita bread, whole-grain bread

Plant-based protein: Black beans, chickpeas, hummus, lentils, tofu

Nuts & seeds: Pecans, almonds, cashews, chia seeds, tahini

Other healthy fats: Avocado, olives, olive oil

Fruit: Apples, pears, clementines, dried figs, dried apricots, tomatoes

Vegetables: Edamame, kale, Brussels sprouts, cabbage, cucumbers, peppers, garlic, ginger, onion, artichoke hearts, salad greens, carrots, spinach, broccoli, mushrooms, shallots, zucchini, sweet potatoes, corn

Fresh herbs: Cilantro, parsley, oregano, chives

Spices: Turmeric, cumin, chipotle powder

Dairy alternatives: Unsweetened soy, almond and coconut milks

Vegan Mediterranean Diet Plan: 1,200 Calories

See what a typical 1,200-calorie day looks like when following a vegan Mediterranean diet, plus modifications for how to bump each day up to either 1,500 or 2,000 calories to best suit your needs.

How to Meal-Prep Your Week of Meals:

Here's what to make in advance, so your busy weekdays are made easier.

1. Mix up the [Fruit Energy Balls](#) to have for snacks throughout the week. Store in the fridge for 3 days or freeze for up to 3 months.
2. Make the [Vegan Freezer Breakfast Burritos](#) to have for breakfast on Days 1, 3, 5 and 7. These can be held in the freezer for up to 3 months. To reheat in the microwave, remove foil, cover with a paper towel and microwave on High until hot, 1½ to 2 minutes.
3. Meal-prep the [Thai-Style Chopped Salad with Sriracha Tofu](#) to have for lunch on Days 1, 2, 3 and 4.
4. Prep the [Slow-Cooker Creamy Lentil Soup Freezer Pack](#) and freeze to have for dinner on Day 5. Pull out the freezer pack in the morning of Day 5 and pop it in the crock pot—no need to thaw in advance!

Day 1

Breakfast (329 calories)

- 1 serving [Vegan Freezer Breakfast Burritos](#)

A.M. Snack (35 calories)

- 1 clementine

Lunch (332 calories)

- 1 serving Thai-Style Chopped Salad with Sriracha Tofu

P.M. Snack (70 calories)

- 1 Fruit Energy Ball

Dinner (472 calories)

- 1 serving Stuffed Sweet Potato with Hummus Dressing

Meal-Prep Tip: Prepare 2 servings of Apple-Cinnamon Overnight Oats and refrigerate to have for breakfast on Days 2 and 4.

***Daily Totals:** 1,237 calories, 66 g protein, 175 g carbs, 41 g fiber, 36 g fat, 1,392 mg sodium*

Make it a 1,500-calorie day: Add 1 medium apple to breakfast, add 2 tablespoons almonds to A.M. snack, and add 1 medium pear to P.M. snack.

Make it a 2,000-calorie day: Increase breakfast to 2 servings Vegan Freezer Breakfast Burritos, add 1 medium apple to breakfast, add 4 tablespoons almonds to A.M. snack, add 1 medium pear to P.M. snack, and add 2 plums as an evening snack.

Day 2

Breakfast (215 calories)

- 1 serving Apple-Cinnamon Overnight Oats

A.M. Snack (105 calories)

- 8 walnut halves

Lunch (332 calories)

- 1 serving Thai-Style Chopped Salad with Sriracha Tofu

P.M. Snack (70 calories)

- 1 Fruit Energy Ball

Dinner (503 calories)

- 1 serving Chickpea & Quinoa Buddha Bowl

***Daily Totals:** 1,225 calories, 55 g protein, 154 g carbs, 33 g fiber, 50 g fat, 1,043 mg sodium*

Make it a 1,500-calorie day: Add 1 tablespoon peanut butter to breakfast, add 1 medium pear to A.M. snack, increase P.M. snack to 2 Fruit Energy Balls, and add 1 clementine to P.M. snack.

Make it a 2,000-calorie day: Add 2 tablespoons peanut butter to breakfast, increase A.M. snack to 16 walnut halves, add 1 medium pear to A.M. snack, increase P.M. snack to 2 Fruit Energy Balls, add 2 clementines to P.M. Snack, and add 1 cup raspberries and 1 6-oz. container soy yogurt as an evening snack.

Day 3

Breakfast (329 calories)

- 1 serving Vegan Freezer Breakfast Burritos

A.M. Snack (35 calories)

- 1 clementine

Lunch (332 calories)

- 1 serving Thai-Style Chopped Salad with Sriracha Tofu

P.M. Snack (119 calories)

- ¼ cup hummus
- 1 cup sliced cucumber

Dinner (391 calories)

- 1 serving Chickpea Curry
- 1 serving Easy Brown Rice

Daily Totals: 1,206 calories, 57 g protein, 147 g carbs, 28 g fiber, 48 g fat, 1,499 mg sodium

Make it a 1,500-calorie day: Add 1 medium apple to breakfast, increase A.M. snack to 2 clementines, and add 1 6-oz. container soy yogurt to A.M. snack.

Make it a 2,000-calorie day: Add 1 medium apple to breakfast, increase A.M. snack to 2 clementines, add 1 6-oz. container soy yogurt to A.M. snack, add 1 medium pear to lunch, and increase dinner to 2 servings Chickpea Curry and 2 servings Easy Brown Rice.

Day 4

Breakfast (215 calories)

- 1 serving Apple-Cinnamon Overnight Oats

A.M. Snack (150 calories)

- 1 6-oz. container soy yogurt

Lunch (332 calories)

- 1 serving Thai-Style Chopped Salad with Sriracha Tofu

P.M. Snack (70 calories)

- 1 Fruit Energy Ball

Dinner (426 calories)

- 1 serving [Tomato & Artichoke Gnocchi](#)

Daily Totals: 1,192 calories, 52 g protein, 173 g carbs, 26 g fiber, 36 g fat, 1,104 mg sodium

Make it a 1,500-calorie day: Add 1 tablespoon peanut butter to breakfast, add 2 clementines to A.M. snack, and add 1 medium apple to P.M. snack.

Make it a 2,000-calorie day: Add 2 tablespoons peanut butter to breakfast, add 2 clementines to A.M. snack, add 3 tablespoons hummus and ½ (6½-inch) whole-wheat pita bread to lunch, increase P.M. snack to 2 [Fruit Energy Balls](#), add 1 medium apple to P.M. snack, and add 1 medium banana with 10 walnut halves as an evening snack.

Day 5

Meal-Prep Tip: Remove the [Slow-Cooker Creamy Lentil Soup Freezer Pack](#) from the freezer and pop it in the slow cooker—no need to thaw ahead of time!

Breakfast (329 calories)

- 1 serving [Vegan Freezer Breakfast Burritos](#)

A.M. Snack (70 calories)

- 1 [Fruit Energy Ball](#)

Lunch (374 calories)

- 1 serving [Green Salad with Pita Bread & Hummus](#)

P.M. Snack (95 calories)

- 1 medium apple

Dinner (320 calories)

- 1 serving Slow-Cooker Creamy Lentil Soup

Meal-Prep Tip: Pack up 1 serving of the [Slow-Cooker Creamy Lentil Soup](#) to have for lunch on Day 6. Prepare 1 serving of [Apple-Cinnamon Overnight Oats](#) to have for breakfast on Day 6.

***Daily Totals:** 1,187 calories, 51 g protein, 179 g carbs, 39 g fiber, 34 g fat, 2,047 mg sodium*

Make it a 1,500-calorie day: Add 1 medium pear to breakfast, add 2 clementines to A.M. snack, and add 1½ tablespoons peanut butter to P.M. snack.

Make it a 2,000-calorie day: Add 1 medium pear to breakfast, add 2 clementines to A.M. snack, add 2 tablespoons peanut butter to P.M. snack, increase dinner to 2 servings [Slow-Cooker Creamy Lentil Soup](#), and add 5 dried apricots and 7 walnut halves as an evening snack.

Day 6

Breakfast (215 calories)

- 1 serving Apple-Cinnamon Overnight Oats

A.M. Snack (184 calories)

- 1 6-oz. container soy yogurt
- 1 clementine

Lunch (320 calories)

- 1 serving Slow-Cooker Creamy Lentil Soup

P.M. Snack (139 calories)

- 2 Fruit Energy Balls

Dinner (340 calories)

- 1 serving Vegan Roasted Vegetable Quinoa Bowl with Creamy Green Sauce

Meal-Prep Tip: Save 1 serving of the [Vegan Roasted Vegetable Quinoa Bowl with Creamy Green Sauce](#) to have for lunch on Day 7.

Daily Totals: 1,199 calories, 47 g protein, 177 g carbs, 33 g fiber, 38 g fat, 1,236 mg sodium

Make it a 1,500-calorie day: Increase breakfast to 2 servings [Apple-Cinnamon Overnight Oats](#) and add 2 tablespoons almonds to A.M. snack.

Make it a 2,000-calorie day: Increase breakfast to 2 servings [Apple-Cinnamon Overnight Oats](#), increase A.M. snack to 2 clementines, add 2 tablespoons almonds to A.M. snack, add 1 medium apple to P.M. snack, and increase dinner to 2 servings [Vegan Roasted Vegetable Quinoa Bowl with Creamy Green Sauce](#).

Day 7

Breakfast (329 calories)

- 1 serving Vegan Freezer Breakfast Burritos

A.M. Snack (35 calories)

- 1 clementine

Lunch (340 calories)

- 1 serving Vegan Roasted Vegetable Quinoa Bowl with Creamy Green Sauce

P.M. Snack (119 calories)

- ¼ cup hummus
- 1 cup sliced cucumber

Dinner (375 calories)

- 1 serving [Zucchini-Chickpea Veggie Burgers with Tahini Ranch Sauce](#)

Daily Totals: 1,198 calories, 47 g protein, 152 g carbs, 29 g fiber, 51 g fat, 1,899 mg sodium

Make it a 1,500-calorie day: Add 1 medium apple to breakfast, increase A.M. snack to 2 clementines, and add 1 6-oz. container soy yogurt to A.M. snack.

Make it a 2,000-calorie day: Add 1 medium apple to breakfast, increase A.M. snack to 2 clementines, add 1 6-oz. container soy yogurt to A.M. snack, increase dinner to 2 servings [Zucchini-Chickpea Veggie Burgers with Tahini Ranch Sauce](#) and add 5 dried apricots and 7 walnut halves as an evening snack.