

MediEats

Jumpstart Your Health with
Beginners' guide,
Mediterranean Diet Meal plan
and Progress Trackers





IMPORTANT NOTE: IN THIS EBOOK YOU WILL FIND THE BEGINNERS GUIDE, YOUR STARTING WEEK MEAL PLAN, AND PROGRESS TRACKERS.

EXPECT A NEW MEAL PLAN AND WEEKLY LESSONS DELIVERED TO YOUR EMAIL INBOX EVERY SUNDAY.

Follow these steps and make sure you receive your program with all the gifts we prepared:

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2. Add us as your contact to your email contact list - the email address that will send you valuable information and gifts is hello@medieats.com. This is the best way to keep receiving valuable information from us.
3. You can also mark our emails as important. Depending on what email provider you're using, you will have some sort of star icon next to the subject line. Try it out with our first email that you will receive in a few minutes.

In this comprehensive guide, you will find everything you need to know as a beginner, including a wealth of delicious recipes to get you started.

The Mediterranean diet has been hailed as one of the healthiest diets in the world, and for a good reason. This eating pattern is rich in whole, minimally processed foods, healthy fats, and plenty of fruits and vegetables. If you're just starting out with the Mediterranean diet, here's everything you need to know to get started.

As an expert in the Mediterranean way of life, I am thrilled to be your guide through this transformative process.

Together, we'll explore the rich flavors and health benefits of this time-honored way of eating, and set you on the path toward lasting wellness and vitality.



What is the Mediterranean diet?

The Mediterranean diet is based on the traditional eating patterns of countries that border the Mediterranean Sea, such as Greece, Italy, and Spain. It's an eating pattern that emphasizes whole, minimally processed foods and healthy fats, such as olive oil, nuts, and seeds. The diet also includes plenty of fruits, vegetables, legumes, and whole grains.

What are the benefits of the Mediterranean diet?

The Mediterranean diet has been associated with a number of health benefits. For example, research has shown that this eating pattern can help to reduce the risk of heart disease, stroke, and type 2 diabetes. Additionally, the Mediterranean diet has been linked to better cognitive function, improved gut health, and a lower risk of certain types of cancer.

Getting started with the Mediterranean diet

If you're new to the Mediterranean diet, there are a few key steps you can take to get started.

1. Make fruits and vegetables the star of your plate. One of the hallmarks of the Mediterranean diet is its emphasis on fruits and vegetables. These foods are rich in vitamins, minerals, fiber, and antioxidants, which can help to support overall health. Aim to fill at least half of your plate with fruits and vegetables at each meal.

2. Choose whole grains over refined grains. Another important aspect of the Mediterranean diet is its focus on whole grains. Unlike refined grains, which have been stripped of fiber and nutrients, whole grains contain the entire grain kernel, which makes them a healthier choice. Some good options include whole wheat bread, brown rice, and quinoa.

3. Eat healthy fats

The Mediterranean diet is rich in healthy fats, such as olive oil, nuts, and seeds. These fats are important for overall health and can help to reduce inflammation in the body. Aim to include these foods in your diet on a regular basis.

4. Include fish and seafood

Fish and seafood are also important components of the Mediterranean diet. These foods are rich in omega-3 fatty acids, which can help to reduce inflammation and support heart health. Aim to include fish in your diet at least twice per week.

5. Limit processed foods

Finally, it's important to limit processed foods on the Mediterranean diet. These foods are often high in added sugars, salt, and unhealthy fats, which can contribute to a number of health problems. Instead, focus on whole, minimally processed foods.

Sample Mediterranean diet meal plan

If you're not sure what to eat on the Mediterranean diet, here's a sample meal plan to get you started:

Breakfast:

Greek yogurt with fresh berries and a sprinkle of nuts and seeds.

Lunch:

Whole grain pita stuffed with hummus, sliced cucumber, tomato, and red onion.

Dinner:

Grilled salmon with a side of roasted vegetables, such as zucchini, eggplant, and red bell pepper.

Snack:

Apple slices with almond butter.



Tips for sticking with the Mediterranean diet

If you're new to the Mediterranean diet, it can be challenging to stick with this eating pattern. Here are a few tips to help you stay on track:

1. Make small changes

Instead of trying to overhaul your entire diet overnight, start by making small changes to your eating habits. For example, you could start by adding more fruits and vegetables to your meals, or by swapping out refined grains for whole grains.

2. Experiment with new recipes

The Mediterranean diet is full of delicious and flavorful foods, so don't be afraid to experiment with new recipes. Look for recipes that incorporate ingredients like olive oil, fresh herbs, and spices, and try to incorporate a variety of different fruits and vegetables into your meals.

3. Plan ahead

Planning ahead is key when it comes to sticking with the Mediterranean diet. Take some time each week to plan out your meals and snacks, and make sure you have plenty of healthy options on hand. You may also want to consider meal prepping, which can make it easier to stick to your diet when you're short on time.

4. Get support

Having support from friends and family can make it easier to stick with the Mediterranean diet. Consider enlisting a friend or family member to join you on your journey, or join a support group or online community to connect with others who are following the same diet.

5. Don't be too hard on yourself

Remember, the Mediterranean diet is all about balance and moderation. If you slip up and indulge in a less-than-healthy food

or meal, don't beat yourself up about it. Instead, focus on making healthy choices the majority of the time, and don't let one slip-up derail your progress.

The Mediterranean diet is a healthy and sustainable eating pattern that emphasizes whole, minimally processed foods, healthy fats, and plenty of fruits and vegetables. If you're just starting out with this diet, remember to make small changes, experiment with new recipes, and get support from friends and family.

With time and dedication, you can successfully adopt the Mediterranean diet and reap its many health benefits.



While eating a healthy diet is important for overall health and well-being, it's also important to combine healthy eating habits with regular exercise and other wellness habits.

Here's why:

The benefits of exercise

Regular exercise has been linked to a number of health benefits, including improved cardiovascular health, increased muscle strength and endurance, and better mental health. Exercise can also help to reduce the risk of chronic diseases like obesity, type 2 diabetes, and certain types of cancer.

When it comes to weight loss, exercise is also an important factor. While diet plays a key role in weight loss, exercise can help to boost metabolism and burn calories, making it easier to maintain a healthy weight over the long-term.

Incorporating exercise into your routine

If you're new to exercise, it's important to start slowly and gradually build up your activity level over time. Aim to get at least 150 minutes of moderate-intensity exercise per week, such as brisk walking, cycling, or swimming.

You may also want to incorporate strength training exercises into your routine, which can help to build muscle and boost metabolism.

It's also important to find activities that you enjoy, whether that's a hiking, dancing, or practicing yoga. When you find activities that you enjoy, you're more likely to stick with them over the long term.

Other wellness habits to consider

In addition to exercise, there are a number of other wellness habits that can help to support overall health and well-being.

Here are a few to consider:

1. Getting enough sleep

Sleep is essential for overall health and well-being. Aim to get 7-9 hours of sleep per night, and try to establish a regular sleep routine to help promote better sleep quality.

2. Managing stress

Chronic stress can have a negative impact on both physical and mental health. Find healthy ways to manage stress, such as practicing mindfulness, yoga, or deep breathing exercises.

3. Staying hydrated

Drinking enough water is essential for proper bodily function. Aim to drink at least 8-10 glasses of water per day, and be sure to stay hydrated during exercise or hot weather.

4. Limiting alcohol intake

Excessive alcohol intake can have a negative impact on both physical and mental health.

5. Quitting smoking

Smoking is a major risk factor for a number of chronic diseases, including lung cancer, heart disease, and stroke. If you're a smoker, quitting can have a significant impact on your health and well-being.

Combining healthy habits for optimal health

When it comes to overall health and well-being, it's important to combine healthy eating habits with regular exercise and other wellness habits.

By taking a holistic approach to health, you can support your body and mind in a variety of ways, helping to reduce the risk of chronic diseases and promoting overall wellness.

Here are a few tips for incorporating healthy habits into your routine:

- Set realistic goals

When it comes to making lifestyle changes, it's important to set realistic goals that are achievable over the long-term. Start small and gradually build up your healthy habits over time.

- Find a support system

Having a support system can be incredibly helpful when it comes to making lifestyle changes. Consider enlisting the help of friends or family members, or join a support group or online community to connect with others who are working towards similar goals.

- Make it enjoyable

When you find healthy habits that you enjoy, you're more likely to stick with them over the long-term. Experiment with different types of exercise, try new healthy recipes, and find stress management techniques that work for you.

- Be kind to yourself

Remember, making lifestyle changes is a process, and it's important to be kind to yourself along the way.

Don't expect perfection, and don't be too hard on yourself if you slip up. Instead, focus on making healthy choices the majority of the time, and celebrate your progress along the way.

- Get professional help if needed

If you're struggling to make lifestyle changes on your own, consider seeking the help of a healthcare professional.

A registered dietitian can help you to develop a healthy eating plan, while a personal trainer can help you to develop a safe and effective exercise routine.

You may also want to consider working with a therapist or counselor to address any underlying mental health concerns that may be impacting your ability to make healthy changes.

In conclusion, combining healthy eating habits with regular exercise and other wellness habits is key for optimal health and well-being.

By taking a holistic approach to health, you can support your body and mind in a variety of ways, helping to reduce the risk of chronic diseases and promoting overall wellness.

Remember to set realistic goals, find a support system, make it enjoyable, be kind to yourself, and seek professional help if needed.

With time and dedication, you can successfully adopt a healthy lifestyle that supports your overall health and well-being.



MEAL PLAN STARTING WEEK



Shopping list

Produce:

- 1 pint of strawberries
- 1 bag of mixed greens (5 oz)
- 1 cucumber
- 3 tomatoes
- 1 red onion
- 1 bag of spinach (5 oz)
- 2 medium sweet potatoes
- 1 bunch of asparagus
- 1 bell pepper
- 1 avocado
- 4 carrots
- 1 bag of frozen berries (12 oz)
- 1 banana
- Portobello mushrooms
- Pear
- Spaghetti squash
- Orange
- Fresh dill

Meat/Seafood:

- 4 chicken breasts (4 oz each)
- 4 salmon fillets (4 oz each)
- 2 cans of tuna (5 oz each)
- 1 lb of ground turkey
- 4 cod fillets (4 oz each)

Dairy:

- 2 cups of Greek yogurt (low-fat or non-fat)

4 oz of feta cheese

- 1 cup of unsweetened almond milk
- 4 string cheeses

Grains:

- 1 loaf of whole grain bread
- 4 whole grain tortillas
- 1 cup of brown rice
- 1 cup of quinoa
- 4 whole grain waffles

Pantry:

- 4 oz of walnuts
- 4 oz of almonds
- 4 oz of cashews
- 4 oz of pistachios
- 1/4 cup of chia seeds
- 1/4 cup of olive oil
- 1/4 cup of vinegar
- 1/4 cup of honey
- 1 jar of marinara sauce (24 oz)
- 1 container of hummus (8 oz)

This list should be sufficient for one person to prepare the meal plan for a week with minimal waste. However, feel free to adjust the quantities based on your needs and preferences.

Ingredients for the Day 1

Breakfast:

- Greek yogurt (1 cup)
- Strawberries (1 cup sliced)
- Honey (1 tablespoon)
- Walnuts (1/4 cup chopped)

Lunch:

- Mixed greens (2 cups)
- Cucumber (1/2 cup sliced)
- Tomato (1/2 cup chopped)
- Red onion (1/4 cup sliced)
- Feta cheese (1/4 cup crumbled)
- Olive oil (2 tablespoons)
- Vinegar (1 tablespoon)

Dinner:

- Chicken breast (4 ounces)
- Sweet potato (1 medium, about 5 inches long)
- Spinach (2 cups)
- Olive oil (2 tablespoons)

Snacks:

- Apple (1 small)
- Almonds (1/4 cup)

Day 1: Breakfast



Greek yogurt topped with sliced strawberries, honey, and a handful of chopped walnuts.

- Scoop 1 cup of Greek yogurt into a bowl.
- Wash and slice $\frac{1}{2}$ cup of strawberries and add them to the bowl.
- Drizzle 1 tablespoon of honey over the yogurt and strawberries.
- Sprinkle a handful of chopped walnuts on top.

Day 1: Lunch



Greek salad with mixed greens, cucumber, tomato, red onion, feta cheese, and a homemade olive oil and vinegar dressing.

- Wash and chop 2 cups of mixed greens and place them in a bowl.
- Wash and slice $\frac{1}{2}$ cup of cucumber and $\frac{1}{2}$ cup of tomato and add them to the bowl.
- Thinly slice $\frac{1}{4}$ cup of red onion and add it to the bowl.
- Crumble $\frac{1}{4}$ cup of feta cheese and sprinkle it over the salad.
- In a separate bowl, mix 1 tablespoon of olive oil and 1 tablespoon of vinegar to make the dressing. Drizzle it over the salad and toss to combine.

Day 1: Dinner



Grilled chicken breast with a side of roasted sweet potatoes and sautéed spinach.

- Preheat a grill or grill pan to medium-high heat.
- Season 1 chicken breast with salt and pepper.
- Grill the chicken breast for 6-7 minutes per side, or until cooked through.
- While the chicken is grilling, preheat the oven to 400°F.
- Wash and chop 1 medium sweet potato into bite-sized pieces.
- Toss the sweet potato with 1 tablespoon of olive oil, 1 teaspoon of dried rosemary, and salt and pepper to taste.
- Spread the sweet potato pieces out on a baking sheet and bake for 20-25 minutes, or until tender.
- Heat 1 teaspoon of olive oil in a pan over medium heat.
- Add 2 cups of spinach and sauté for 1-2 minutes, or until wilted.

Day 1: Snacks



A small apple and a handful of almonds.

Ingredients for the Day 2

Breakfast:

- Whole grain bread (2 slices)
- Avocado (1/2)
- Egg (1)
- Feta cheese (1 tbsp)
- Salt and pepper to taste

Lunch:

- Whole grain tortilla (1)
- Hummus (2 tbsp)
- Mixed greens (1 cup)
- Cucumber (1/2)
- Tomato (1/2)
- Red onion (1/4)
- Salt and pepper to taste

Dinner:

- Salmon fillet (4 oz)
- Quinoa (1/2 cup)
- Asparagus (8 spears)
- Olive oil (1 tbsp)
- Lemon juice (1/2 lemon)
- Salt and pepper to taste

Snacks:

- Carrots (1 cup)
- Hummus (2 tbsp)

Day 2: Breakfast



Avocado toast on whole grain bread with a poached egg and a sprinkle of feta cheese.

- Toast 1 slice of whole grain bread.
- Slice $\frac{1}{2}$ of an avocado and mash it onto the toast.
- Poach 1 egg and place it on top of the avocado toast.
- Sprinkle 1 tablespoon of crumbled feta cheese over the top.

Day 2: Lunch



Hummus and veggie wrap made with whole grain tortilla, hummus, mixed greens, sliced cucumber, tomato, and red onion.

- Spread 2 tablespoons of hummus onto a whole grain tortilla.
- Wash and chop 1 cup of mixed greens and add them to the tortilla.
- Slice $\frac{1}{2}$ cup of cucumber and $\frac{1}{2}$ cup of tomato and add them to the tortilla.
- Thinly slice $\frac{1}{4}$ cup of red onion and add it to the tortilla.
- Roll up the tortilla tightly, tucking in the ends.

Day 2: Dinner



Baked salmon fillet with a side of quinoa and steamed asparagus.

- Preheat the oven to 375°F.
- Place 1 salmon fillet on a baking sheet lined with parchment paper.
- Drizzle the salmon with 1 teaspoon of olive oil and season with salt and pepper.
- Bake the salmon for 12-15 minutes, or until cooked through.
- While the salmon is baking, cook $\frac{1}{2}$ cup of quinoa according to package instructions.
- Wash and trim 1 cup of asparagus spears.
- Steam the asparagus for 5-7 minutes, or until tender.

Day 2: Snack



Carrot sticks and hummus

Ingredients for the Day 3

Breakfast:

- 2 eggs
- 1/4 cup chopped bell pepper
- 1/4 cup crumbled feta cheese
- Cooking spray or oil for cooking

Lunch:

- 1 can of tuna
- 2 cups mixed greens
- 1/2 cup chopped cucumber
- 1/2 cup chopped tomato
- 1/4 cup chopped red onion
- 2 tablespoons olive oil
- 1 tablespoon vinegar

Dinner:

- 2 large portobello mushrooms
- 2 cups mixed vegetables (such as zucchini, bell pepper, and onion)
- 1 cup cooked brown rice
- Salt and pepper, to taste
- 1 tablespoon olive oil

Snacks:

- 1 small pear
- 1/4 cup cashews

Day 3: Breakfast



Omelet made with 2 eggs, chopped bell pepper, and feta cheese, served with a side of whole grain toast.

- Crack 2 eggs into a bowl and whisk them with a fork.
- Add chopped bell pepper and feta cheese to the bowl and mix everything together.
- Heat a nonstick skillet over medium heat and add the egg mixture.
- Cook for 2-3 minutes or until the eggs are set.
- Serve the omelet with a side of whole grain toast.

Day 3: Lunch



Tuna salad made with canned tuna, mixed greens, chopped cucumber, tomato, and red onion, with a homemade olive oil and vinegar dressing.

- Drain canned tuna and add it to a bowl.
- Add mixed greens, chopped cucumber, tomato, and red onion to the bowl.
- In a separate bowl, whisk together olive oil and vinegar to make a dressing.
- Pour the dressing over the tuna salad and toss everything together.
- Serve the tuna salad cold.

Day 3: Dinner



Grilled portobello mushrooms with a side of roasted vegetables and brown rice.

- Preheat the grill to medium-high heat.
- Brush portobello mushrooms with olive oil and season with salt and pepper.
- Grill the mushrooms for 3-5 minutes per side, or until tender.
- While the mushrooms are grilling, chop vegetables (such as zucchini, bell peppers, and onions) and toss them with olive oil, salt, and pepper.
- Roast the vegetables in the oven at 400°F for 20-25 minutes or until tender.
- Serve the grilled portobello mushrooms with a side of roasted vegetables and brown rice.

Day 3: Snack



A small pear and a handful of cashews

Ingredients for the Day 4

Breakfast:

- Unsweetened almond milk: 1 cup
- Frozen berries (such as strawberries, raspberries, and blueberries): 1 cup
- Greek yogurt: 1/2 cup
- Chia seeds: 1 tablespoon

Lunch:

- Chicken breast: 1/2 pound
- Mixed vegetables (such as bell peppers, broccoli, and carrots): 2 cups
- Brown rice: 1 cup cooked
- Olive oil: 1 tablespoon
- Soy sauce: 1 tablespoon
- Garlic: 1 clove, minced
- Ginger: 1 teaspoon, grated

Dinner:

- Spaghetti squash: 1 medium
- Ground turkey: 1/2 pound
- Bread crumbs: 1/4 cup
- Egg: 1, beaten
- Onion: 1/4 cup, finely chopped
- Garlic: 1 clove, minced
- Italian seasoning: 1 teaspoon
- Salt: 1/4 teaspoon
- Black pepper: 1/4 teaspoon
- Marinara sauce: 2 cups

Snacks:

- Orange: 1 small
- Pistachios: 1/4 cup

Day 4: Breakfast



Smoothie bowl made with unsweetened almond milk, frozen berries, Greek yogurt, and a sprinkle of chia seeds.

- Add unsweetened almond milk, frozen berries, Greek yogurt, and a sprinkle of chia seeds to a blender.
- Blend everything together until smooth.
- Pour the smoothie into a bowl and top with your desired toppings, such as sliced fruit or granola.

Day 4: Lunch



Chicken and veggie stir-fry made with chicken breast, mixed vegetables, and brown rice.

- Cut chicken breast into bite-sized pieces.
- Chop mixed vegetables (such as bell peppers, onions, and carrots).
- Heat a nonstick skillet over medium-high heat and add the chicken.
- Cook the chicken until it's no longer pink, then add the vegetables to the skillet.
- Stir everything together and cook until the vegetables are tender.
- Serve the chicken and veggie stir-fry with a side of brown rice.

Day 4: Dinner



Spaghetti squash with turkey meatballs and marinara sauce.

- Preheat oven to 400°F.
- Cut a spaghetti squash in half lengthwise and remove the seeds.
- Brush the inside of the squash with olive oil and season with salt and pepper.
- Place the squash halves cut-side down on a baking sheet and bake for 30-35 minutes, or until tender.
- While the squash is baking, mix together ground turkey, bread crumbs, egg, and seasonings to make meatballs.
- Heat marinara sauce in a separate pot.
- Add the meatballs to the sauce and simmer until they're cooked through.
- Use a fork to scrape the flesh of the spaghetti squash into strands.
- Serve the spaghetti squash with turkey meatballs and marinara sauce.

Day 4: Snack



A small orange and a handful of pistachios

Ingredients for the Day 5

Breakfast:

- Whole grain waffles
- 1 medium banana, sliced
- 1 tablespoon honey

Lunch:

- 1 whole grain tortilla
- 4 oz grilled chicken breast
- 1 cup mixed greens
- 1/2 medium cucumber, sliced
- 1/2 medium tomato, sliced
- 1/4 medium red onion, sliced
- 1/4 cup tzatziki sauce (made with 1/2 cup Greek yogurt, 1/2 medium cucumber, 1 tablespoon lemon juice, 1 tablespoon fresh dill, 1 clove garlic, salt and pepper to taste)

Dinner:

- 4 oz cod fillet
- 1/2 cup cooked quinoa
- 1 cup mixed vegetables (such as broccoli, cauliflower, and carrots)
- 1 tablespoon olive oil
- Salt and pepper to taste
- Snacks:
- 1 small apple
- 1 string cheese

Day 5: Breakfast



Whole grain waffles topped with sliced banana and a drizzle of honey.

- Toast the waffles in a toaster or on a griddle until they are crispy and warm.
- Slice the banana into thin rounds.
- Place the waffles on a plate and arrange the banana slices on top.
- Drizzle honey over the banana and waffles.
- Serve and enjoy!

Day 5: Lunch



Greek-style chicken wrap made with whole grain tortilla, grilled chicken breast, mixed greens, cucumber, tomato, and red onion, with a homemade tzatziki sauce.

- Lay the whole grain tortilla flat on a plate.
- Spread a generous amount of tzatziki sauce on the tortilla.
- Layer mixed greens on top of the sauce.
- Slice the grilled chicken breast into thin strips and place them on top of the mixed greens.
- Cut the cucumber, tomato, and red onion into small pieces and sprinkle them over the chicken.
- Fold the sides of the tortilla towards the center, then roll it up tightly.
- Slice the wrap in half and serve.

Day 5: Dinner



Baked cod fillet with a side of roasted vegetables and quinoa.

- Preheat the oven to 400°F (200°C).
- Place the cod fillet on a baking sheet lined with parchment paper.
- Drizzle olive oil over the cod fillet and season with salt and pepper.
- Bake in the oven for 15-20 minutes, or until the fish is cooked through and flakes easily with a fork.
- While the cod is baking, prepare the roasted vegetables. Cut the mixed vegetables into bite-sized pieces and toss them with olive oil, salt, and pepper.
- Spread the vegetables in a single layer on a separate baking sheet and bake in the oven for 15-20 minutes, or until they are tender and lightly browned.
- Cook quinoa according to package instructions.
- Once everything is cooked, serve the baked cod fillet with a side of roasted vegetables and quinoa.

Day 5: Snack



A small apple and a string of cheese

Ingredients for the Day 6

Breakfast:

- Greek yogurt (1 cup)
- Strawberries (1 cup sliced)
- Honey (1 tablespoon)
- Walnuts (1/4 cup chopped)

Lunch:

- Mixed greens (2 cups)
- Cucumber (1/2 cup sliced)
- Tomato (1/2 cup chopped)
- Red onion (1/4 cup sliced)
- Feta cheese (1/4 cup crumbled)
- Olive oil (2 tablespoons)
- Vinegar (1 tablespoon)

Dinner:

- Chicken breast (4 ounces)
- Sweet potato (1 medium, about 5 inches long)
- Spinach (2 cups)
- Olive oil (2 tablespoons)

Snacks:

- Apple (1 small)
- Almonds (1/4 cup)

Day 6: Breakfast



Greek yogurt topped with sliced strawberries, honey, and a handful of chopped walnuts.

- Scoop 1 cup of Greek yogurt into a bowl.
- Wash and slice $\frac{1}{2}$ cup of strawberries and add them to the bowl.
- Drizzle 1 tablespoon of honey over the yogurt and strawberries.
- Sprinkle a handful of chopped walnuts on top.

Day 6: Lunch



Greek salad with mixed greens, cucumber, tomato, red onion, feta cheese, and a homemade olive oil and vinegar dressing.

- Wash and chop 2 cups of mixed greens and place them in a bowl.
- Wash and slice $\frac{1}{2}$ cup of cucumber and $\frac{1}{2}$ cup of tomato and add them to the bowl.
- Thinly slice $\frac{1}{4}$ cup of red onion and add it to the bowl.
- Crumble $\frac{1}{4}$ cup of feta cheese and sprinkle it over the salad.
- In a separate bowl, mix 1 tablespoon of olive oil and 1 tablespoon of vinegar to make the dressing. Drizzle it over the salad and toss to combine.

Day 6: Dinner



Grilled chicken breast with a side of roasted sweet potatoes and sautéed spinach.

- Preheat a grill or grill pan to medium-high heat.
- Season 1 chicken breast with salt and pepper.
- Grill the chicken breast for 6-7 minutes per side, or until cooked through.
- While the chicken is grilling, preheat the oven to 400°F.
- Wash and chop 1 medium sweet potato into bite-sized pieces.
- Toss the sweet potato with 1 tablespoon of olive oil, 1 teaspoon of dried rosemary, and salt and pepper to taste.
- Spread the sweet potato pieces out on a baking sheet and bake for 20-25 minutes, or until tender.
- Heat 1 teaspoon of olive oil in a pan over medium heat.
- Add 2 cups of spinach and sauté for 1-2 minutes, or until wilted.

Day 6: Snacks



A small apple and a handful of almonds.

HOW TO USE A HABIT TRACKER

A habit tracker is a simple yet powerful tool that can help you build and maintain positive habits in your daily life. By tracking your habits, you can gain insights into your progress, stay motivated, and make positive changes over time.

To use a habit tracker effectively, start by identifying the habits you want to track. We suggest tracking your days when successfully following the meal plan + doing weekly lessons that you will receive each Sunday.

Write down your chosen habit on the tracker.

Next, set a specific goal. Make it achievable and realistic, as small wins can lead to big changes. For example, if your goal is to walk after each meal, start with a manageable target like 10 minutes of activity three times a week.

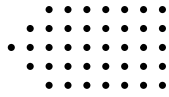
As you go about your day, mark each habit as complete when you successfully engage in it. This can be done by checking off or coloring in the corresponding box on your tracker. Remember, consistency is key, so try your best to stick to your habits every day.

At the end of each month, review your habit tracker. Celebrate your progress and identify areas for improvement. Reflect on what worked well and what challenges you faced. Use this valuable information to adjust your habits and refine your approach moving forward.

Remember, using a habit tracker is not about perfection but about progress.

Be kind to yourself and stay committed to your goals. Over time, you'll develop a routine that supports your well-being and leads to positive long-term changes.

In the following pages, you will find a calendar for the whole year where you can put your work tasks, self-care checklist, habits, and other notes.



HABIT TRACKER

TARGET		YEAR	
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JANUARY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

FEBRUARY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	

MARCH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

APRIL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

MAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

JUNE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

JULY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

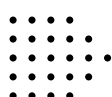
AUGUST	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

SEPTEMBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

OCTOBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

NOVEMBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

DECEMBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Work

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Habits

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Self-care

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Notes

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Work

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Habits

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Self-care

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Notes

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Work

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Habits

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Self-care

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Notes

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Work

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Habits

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Self-care

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Notes

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Work

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Habits

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Self-care

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Notes

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Work

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Habits

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Self-care

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Notes

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Work

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Habits

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Self-care

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Notes

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Work

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Habits

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Self-care

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Notes

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Work

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Habits

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Self-care

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Notes

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Work

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Habits

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Self-care

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Notes

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Work

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Habits

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Self-care

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Notes

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Work

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Habits

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Self-care

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Notes
