

Day 1:

- Breakfast (350 calories): Greek yogurt with mixed berries and granola
- Snack (150 calories): Hummus with cucumber slices and whole grain crackers
- Lunch (400 calories): Mediterranean chickpea salad
- Snack (150 calories): Handful of almonds and an orange
- Dinner (500 calories): Grilled chicken kebabs with quinoa and Greek salad

Day 2:

- Breakfast (400 calories): Scrambled eggs with spinach, tomatoes, and feta cheese, whole grain toast
- Snack (200 calories): Greek yogurt with honey and sliced almonds
- Lunch (450 calories): Whole grain pita stuffed with falafel, veggies, and tahini sauce
- Snack (150 calories): Apple slices with peanut butter
- Dinner (550 calories): Baked salmon with roasted Brussels sprouts and sweet potatoes, mixed greens salad

Day 3:

- Breakfast (350 calories): Overnight oats with almond milk, chia seeds, banana, and honey
- Snack (200 calories): Greek yogurt with fresh berries
- Lunch (400 calories): Quinoa tabbouleh salad
- Snack (100 calories): Carrot sticks with hummus
- Dinner (550 calories): Stuffed peppers with ground turkey, rice, tomatoes, and green beans

Shopping List:

- Greek yogurt
- Mixed berries (strawberries, blueberries, raspberries)
- Granola
- Hummus
- Cucumber
- Whole grain crackers
- Chickpeas
- Cherry tomatoes

- Feta cheese
- Lemon
- Chicken breast
- Quinoa
- Bell peppers (assorted colors)
- Zucchini
- Red onion
- Falafel mix
- Tahini sauce
- Apple
- Peanut butter
- Salmon fillets
- Brussels sprouts
- Sweet potatoes
- Mixed greens
- Overnight oats
- Almond milk
- Chia seeds
- Banana
- Quinoa
- Parsley
- Carrots
- Ground turkey
- Rice
- Green beans

Continue the pattern for the next five days, ensuring to include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. Adjust quantities based on your individual needs and preferences.