

AI Overview

Here are five easy Mediterranean meals that are rich in lean protein, fiber-filled whole grains, and healthy fats to refuel your body and provide sustained energy:

1. Lemon Garlic Salmon with Roasted Potatoes and Green Beans

This one-pan meal is perfect for a quick weeknight dinner with minimal cleanup.

- Key Ingredients: Salmon fillets (protein, omega-3 fats), potatoes (carbohydrates for energy), and fresh green beans (fiber, vitamins), lemon, and garlic.
- How to Make: Season salmon and vegetables with olive oil, lemon, garlic, salt, and pepper. Roast everything on a single sheet pan until the salmon is flaky and the potatoes are tender, about 25-30 minutes.

2. Mediterranean Chickpea Quinoa Bowl

This hearty, plant-based bowl is packed with plant protein and fiber, making it an excellent option for sustained energy.

- Key Ingredients: Cooked quinoa (whole grain), chickpeas (protein, fiber), chopped fresh vegetables (tomatoes, cucumbers, bell peppers, onions), avocado (healthy fats), feta cheese, and a lemon-garlic dressing.
- How to Make: Layer the ingredients in a bowl and top with the dressing. This is a great meal-prep option as the components can be made ahead of time.

3. Greek Sheet Pan Chicken and Vegetables

A simple, hands-off meal that's flavorful and well-balanced, providing lean protein and a variety of vegetables.

- Key Ingredients: Chicken pieces (lean protein), chopped vegetables (asparagus, cherry tomatoes, onion, bell pepper, sweet potato), olive oil, and Mediterranean seasonings (cumin, oregano).
- How to Make: Toss chicken and vegetables in olive oil and spices, spread on a sheet pan, and roast in the oven until the chicken is cooked through and the vegetables are caramelized.

4. High-Protein White Bean & Spinach Skillet

This quick and comforting one-skillet dish combines fiber-packed white beans and spinach with a flavorful sauce.

- Key Ingredients: White beans (cannellini or butter beans), fresh spinach, garlic, sun-dried tomatoes, vegetable broth, and olive oil.
- How to Make: Sauté garlic and sun-dried tomatoes in olive oil, add beans and broth, and simmer. Stir in fresh spinach until wilted. Serve with a hunk of crusty whole-grain bread to soak up the sauce.

5. Quick Tuna and White Bean Salad

This no-cook option is perfect for a fast, protein-rich lunch. Use high-quality canned tuna packed in olive oil for extra healthy fats.

- Key Ingredients: Canned tuna, white beans, chopped celery/onions, lemon juice, fresh herbs (basil or parsley), and extra-virgin olive oil.
- How to Make: Combine all ingredients in a bowl and toss well. Serve on a bed of mixed greens or with whole-wheat crackers or toast.