

Whole Foods Meal Prep Guide

Mediterranean Style • Nourishing Your Body as a Temple of the Holy Spirit

“Do you not know that your bodies are temples of the Holy Spirit... Therefore honor God with your bodies.”
— **1 Corinthians 6:19–20**

A Grace-Filled Approach to Nutrition

This guide is designed to help you eat in a way that is **simple, sustainable, and deeply nourishing**. The Mediterranean pattern is consistently associated with heart health, longevity, blood sugar support, and reduced chronic disease risk. Rather than chasing perfection, we practice stewardship—caring for the body God has entrusted to us through whole foods, movement, rest, and gratitude.

Dietitian Tip

Meal prep is not about eating the same meal seven times. Prep ingredients—proteins, grains, vegetables, and sauces—then mix and match throughout the week for variety.

The Mediterranean Plate

½ Plate	Non-starchy vegetables
¼ Plate	Lean protein (25–35 g per meal)
¼ Plate	Whole grains or starchy vegetables
Add	Olive oil, avocado, nuts, seeds, herbs, fruit

The Five Foods I Prioritize Every Week

Olive oil for healthy fats and flavor

Beans & lentils for fiber and plant protein

Greek yogurt for convenient high-quality protein

Leafy greens & colorful vegetables for vitamins and phytonutrients

Salmon or other fatty fish for omega-3s

Your 60-Minute Meal Prep Blueprint

Prep a few versatile ingredients once, then build different meals throughout the week. This keeps nutrition consistent while preventing food boredom.

Protein Grill 2–3 chicken breasts Bake 2 salmon fillets Boil 6 eggs	Grains Cook quinoa and brown rice Roast baby potatoes
Vegetables Roast broccoli & peppers Chop cucumbers & tomatoes Wash greens	Flavor Lemon-garlic yogurt sauce Olive oil + herbs Tahini-lemon dressing

Build a Meal in 30 Seconds

Lunch Bowl: Quinoa + chicken + cucumber/tomato salad + olive oil + lemon

Dinner Plate: Salmon + roasted potatoes + broccoli + herbs

Quick Breakfast: Greek yogurt + berries + oats + walnuts

Snack: Apple + almond butter or carrots + hummus

Simple Mediterranean Grocery List

Proteins	Produce
Chicken Salmon Greek yogurt Eggs Beans Lentils	Spinach Broccoli Bell peppers Cucumbers Tomatoes Berries Apples Lemons
Whole Grains	Healthy Fats
Quinoa Brown rice Oats Baby potatoes	Extra virgin olive oil Walnuts Almonds Tahini Avocado

1-Day Mediterranean Meal Plan

Target: ~1,850 calories • ~100–115 g protein • Whole-foods focused • Mediterranean inspired

Meal	What to Eat	Approx.
Breakfast	1 cup plain Greek yogurt, ½ cup berries, ½ cup oats, 1 oz walnuts	470 kcal 29 g protein
Snack	1 apple + 1 tbsp almond butter	190 kcal 4 g protein
Lunch	5 oz grilled chicken, ¾ cup cooked quinoa, cucumber-tomato salad, 1 tsp olive oil	560 kcal 42 g protein
Snack	Carrots + ¼ cup hummus	160 kcal 5 g protein
Dinner	4 oz baked salmon, 200 g roasted baby potatoes, broccoli, 2 tsp olive oil	470 kcal 31 g protein

Daily Total ~1,850 calories • ~111 g protein • High fiber • Healthy fats • Mediterranean-style

Healthy Habits That Matter More Than Perfection

Protein with every meal	Strength train 2–4×/week
Eat beans, vegetables, and fruit daily	Sleep 7–9 hours
Use olive oil as your primary cooking fat	Hydrate consistently

Remember: Healthy eating is not about earning God’s love or achieving dietary perfection. It is an act of stewardship, gratitude, and wisdom. Build meals around whole foods, enjoy desserts in moderation, celebrate meals with people you love, and trust that consistent, nourishing choices over time make the greatest impact.