



THE FRESH WEEK

The 5-Day Fresh Start

Five dinners, one grocery list, one prep hour — free.

Five dinners

Grocery list

Free

US Letter

thefreshweek.com

Before you start

THE FRESH WEEK

Educational information, not medical advice. This plan describes a way of structuring a week of meals. It is not medical, nutritional or dietetic advice, and it is not a substitute for care from a qualified professional.

Talk to a qualified professional before changing how you eat if you have a medical condition, are pregnant or breastfeeding, take medication, or have a history of disordered eating. Named eating patterns are not suitable for everyone.

Check every ingredient against your own needs, including allergies and intolerances. Where a recipe offers a gentler variation, it is a cooking suggestion, not a clinical one.

Questions or corrections: hello@thefreshweek.com

Five dinners

THE FRESH WEEK

	Dinner
Day 1	Lemon-Herb Baked Salmon with Green Beans
Day 2	Ginger Beef Lettuce Wraps
Day 3	Tuscan White Bean Soup with Rosemary
Day 4	Sheet-Pan Paprika Chicken with Peppers
Day 5	Baked Feta and Tomato Orzo

The full weekly plans — breakfast to dinner, with the prep hour — are at thefreshweek.com.

The grocery list

THE FRESH WEEK

MEAT & FISH

- ☐ 2 salmon fillets (about 6 oz / 170 g each)
- ☐ 1 lb / 450 g ground beef
- ☐ 2 lb / 900 g bone-in chicken thighs

PRODUCE

- ☐ 10 oz / 300 g green beans, trimmed
- ☐ 1 lemon
- ☐ 2 cloves garlic, sliced (leave out for a gentler version)
- ☐ small bunch fresh dill or parsley, chopped
- ☐ salt and black pepper
- ☐ 1 thumb ginger, grated
- ☐ 1 head butter or little-gem lettuce, leaves separated
- ☐ 1 onion, finely chopped
- ☐ 2 cloves garlic, sliced
- ☐ 1 sprig fresh rosemary (or 1 tsp dried)
- ☐ 2 cans (15 oz / 400 g) white beans, drained
- ☐ 3 big handfuls spinach or chopped kale
- ☐ salt, pepper, more olive oil to finish
- ☐ 1 red onion, in wedges
- ☐ 1 tsp dried thyme
- ☐ lemon to serve
- ☐ big bunch basil
- ☐ black pepper, chili flakes

PANTRY

- ☐ 3 tbsp olive oil
- ☐ 1 tbsp neutral oil
- ☐ 3 tbsp soy sauce or tamari
- ☐ 1 tsp toasted sesame oil
- ☐ 2 tbsp olive oil
- ☐ 3 cups / 750 ml vegetable stock
- ☐ 4 tbsp olive oil
- ☐ 1¼ cups / 250 g orzo

SPICES

- ☐ 1 tsp dried oregano
- ☐ 2 tsp smoked paprika
- ☐ 1 tsp ground cumin

OTHER

- ☐ 4 scallions, green tops only, sliced
- ☐ ¼ cup roasted peanuts or cashews, crushed (optional)
- ☐ 1 can (14 oz / 400 g) chopped tomatoes
- ☐ 3 bell peppers, in strips
- ☐ 1.5 lb / 700 g cherry tomatoes

DAIRY & EGGS

- ☐ 1 block (7 oz / 200 g) feta



THE FRESH WEEK

MEDITERRANEAN · KETO · HIGH-PROTEIN

Lemon-Herb Baked Salmon with Green Beans

One tray, twenty minutes, and the kind of dinner that looks like more effort than it was. The lemon goes in two rounds — half before the oven, half after — which keeps it bright.

SERVES 2 **25 MIN** **435** kcal **37** g protein **14** g carbs **25** g fat **5** g fiber

estimated · computed from the ingredients

INGREDIENTS

2 salmon fillets (about 6 oz / 170 g each)

10 oz / 300 g green beans, trimmed

3 tbsp olive oil

1 lemon

2 cloves garlic, sliced (leave out for a gentler version)

1 tsp dried oregano

small bunch fresh dill or parsley, chopped

salt and black pepper

METHOD

- 1 Heat the oven to 425°F / 220°C. Line a baking tray.
- 2 Toss the green beans with 2 tbsp olive oil, salt and pepper; spread on the tray.
- 3 Pat the salmon dry, set it on top of the beans, and rub with the remaining oil, oregano, salt and pepper. Squeeze over half the lemon.
- 4 Bake 12–14 minutes, until the salmon flakes at the thickest part.
- 5 Squeeze over the rest of the lemon, scatter the herbs, and serve straight from the tray.

COOK'S NOTE Keeps for two days; the beans reheat better in a pan than a microwave.

✓ Salmon is one of the richest everyday sources of omega-3 fats. ✓ Green beans bring fiber, vitamin C and folate. ✓ Olive oil is a source of monounsaturated fat. ✓ Lemon and fresh dill carry the seasoning, with vitamin C alongside.



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KETO · HIGH-PROTEIN · LOW-CARB

Ginger Beef Lettuce Wraps

Fifteen-minute ground beef with ginger and scallions, spooned into crisp lettuce. Fast, loud with flavour, and the filling reheats for tomorrow.

SERVES 3 **15 MIN** **1105** kcal **31** g protein **4** g carbs **108** g fat **1** g fiber

estimated · computed from the ingredients

INGREDIENTS

- 1 lb / 450 g ground beef
- 1 tbsp neutral oil
- 1 thumb ginger, grated
- 4 scallions, green tops only, sliced
- 3 tbsp soy sauce or tamari
- 1 tsp toasted sesame oil
- 1 head butter or little-gem lettuce, leaves separated
- ¼ cup roasted peanuts or cashews, crushed (optional)

METHOD

- 1 Brown the beef hard in the oil — let it sit untouched 2 minutes before breaking it up.
- 2 Add ginger and most of the scallions for one minute.
- 3 Off the heat, stir in soy and sesame oil.
- 4 Spoon into lettuce leaves; top with nuts and the last scallions.

COOK'S NOTE Green scallion tops instead of onion keeps it in the gentle column without losing the allium flavour.

✓ Ground beef is a concentrated source of protein, iron and vitamin B12. ✓ Crisp lettuce leaves stand in for bread — mostly water, with folate and vitamin K. ✓ Sesame oil and the optional peanuts contribute unsaturated fats. ✓ Scallion greens carry the allium flavour and a little vitamin K.



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MEDITERRANEAN · VEGGIE · PLANT-BASED

Tuscan White Bean Soup with Rosemary

A fifteen-minute pantry soup that tastes slow-cooked: white beans, tomato, rosemary and olive oil, finished with greens. The second batch freezes.

SERVES 4 **20 MIN** **295** kcal **17 g** protein **51 g** carbs **2 g** fat **14 g** fiber

estimated · computed from the ingredients

INGREDIENTS

2 tbsp olive oil

1 onion, finely chopped

2 cloves garlic, sliced

1 sprig fresh rosemary (or 1 tsp dried)

2 cans (15 oz / 400 g) white beans, drained

1 can (14 oz / 400 g) chopped tomatoes

3 cups / 750 ml vegetable stock

3 big handfuls spinach or chopped kale

salt, pepper, more olive oil to finish

METHOD

- 1 Soften the onion in the oil, 4–5 minutes. Add garlic and rosemary for the last minute.
- 2 Add beans, tomatoes and stock. Simmer 10 minutes.
- 3 Mash a ladleful of beans against the side of the pot to thicken it.
- 4 Stir in the greens until just wilted. Season properly — beans drink salt.
- 5 Serve with a swirl of olive oil. Bread optional but correct.

COOK'S NOTE Freezes for three months. For a gentler version, use the green tops of 2 spring onions instead of onion and skip the garlic.

✓ White beans bring plant protein and fiber. ✓ Spinach and kale are sources of vitamin K, folate and iron. ✓ Canned tomatoes contain vitamin C and lycopene. ✓ Olive oil, in the pot and over the top, is a source of monounsaturated fat.



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HIGH-PROTEIN · KETO · LOW-CARB

Sheet-Pan Paprika Chicken with Peppers

Everything on one tray: chicken thighs, sweet peppers and red onion under smoked paprika. Ten minutes of prep, and the oven does the rest.

SERVES 4 **40 MIN** **375** kcal **44** g protein **9** g carbs **19** g fat **3** g fiber

estimated · computed from the ingredients

INGREDIENTS

2 lb / 900 g bone-in chicken thighs

3 bell peppers, in strips

1 red onion, in wedges

3 tbsp olive oil

2 tsp smoked paprika

1 tsp ground cumin

1 tsp dried thyme

salt and black pepper

lemon to serve

METHOD

- 1 Heat the oven to 425°F / 220°C.
- 2 Toss peppers and onion with half the oil; spread on a big tray.
- 3 Rub the chicken with the rest of the oil and all the spices. Nest it into the vegetables, skin up.
- 4 Roast 30–35 minutes until the skin is deep gold and the juices run clear.
- 5 Rest five minutes; squeeze lemon over the tray before serving.

COOK'S NOTE The peppers collapse into a near-sauce — spoon them over the chicken.

✓ Chicken thighs are a rich source of protein, iron and zinc. ✓ Bell peppers are among the most concentrated everyday sources of vitamin C. ✓ Red onion brings fiber and polyphenols. ✓ Smoked paprika is ground from dried peppers and carries their carotenoids.



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MEDITERRANEAN · VEGGIE

Baked Feta and Tomato Orzo

The tray does the sauce: feta and cherry tomatoes roasted until they collapse, stirred through orzo with basil. Comfort food from six ingredients.

SERVES 4 **35 MIN** **415** kcal **17** g protein **57** g carbs **13** g fat **5** g fiber

estimated · computed from the ingredients

INGREDIENTS

1 block (7 oz / 200 g) feta

1.5 lb / 700 g cherry tomatoes

4 tbsp olive oil

2 cloves garlic, sliced

1 tsp dried oregano

1¼ cups / 250 g orzo

big bunch basil

black pepper, chili flakes

METHOD

- 1 Heat the oven to 400°F / 200°C. Put the feta in the middle of a baking dish, tomatoes around it; add oil, garlic, oregano, pepper.
- 2 Roast 25 minutes until the tomatoes burst and the feta browns on top.
- 3 Meanwhile cook the orzo in salted water; keep a cup of the water.
- 4 Mash the feta and tomatoes into a sauce, stir in the orzo with a splash of pasta water, and finish with torn basil.

COOK'S NOTE Add a roast chicken thigh per plate to turn it into a bigger dinner.

✓ Feta is a source of protein and calcium. ✓ Cherry tomatoes are a source of vitamin C and lycopene. ✓ Olive oil brings monounsaturated fat to the roasting dish. ✓ Fresh basil adds vitamin K along with its perfume.



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