

# 30-DAY Atlantic Diet ♡ MEAL PLAN

Delicious Airfryer Recipes & Coastal Cooking  
for Energy, Weight Loss & Longevity





# Getting Started with the Atlantic Diet

Welcome to the beginning of your 30-day Atlantic Diet journey—where simplicity meets flavor, and wellness blends seamlessly with enjoyment. Whether you're here to improve your health, lose a few pounds, support your heart, or simply eat more whole foods, the Atlantic Diet offers a refreshingly practical and delicious way to do it. This chapter will guide you through the essentials—what this lifestyle is, how to make it work for your daily routine, and how to prepare your kitchen and mindset for 30 days of vibrant, satisfying eating.

## What Is the Atlantic Diet?

At its core, the Atlantic Diet draws inspiration from the traditional food culture of Atlantic coastal regions—especially Portugal and northwestern Spain—where communities enjoy longer lives, healthier hearts, and stronger bones. Their secret? A naturally balanced, largely unprocessed diet based on fresh fish, legumes, vegetables, olive oil, whole grains, and moderate portions of meat or dairy—all consumed in a relaxed, social, and unhurried way.

Unlike restrictive diets, the Atlantic way is sustainable because it's built around abundance, not elimination. You won't find extreme calorie counting, weird supplements, or superfoods that cost a fortune. Instead, you'll see humble ingredients like sardines, lentils, broccoli, and eggs used in clever, satisfying ways that nourish the body and soul.





## Why a 30-Day Meal Plan?

Most people don't fail at healthy eating because they lack motivation. They fail because they lack a system. That's why this 30-day plan exists: to provide structure without rigidity, consistency without monotony, and inspiration without complexity. With a clear plan, you reduce decision fatigue, make smarter shopping choices, and build momentum as each successful day fuels the next.

You'll find each day mapped out with two full meals drawn directly from the recipes in your main Atlantic Diet cookbook—so you don't have to second-guess what's for dinner or search through dozens of options. The result is more time for cooking, connecting, and enjoying your food, and less time spent overthinking your next meal.

## The Atlantic Diet Mindset

One of the most overlooked parts of any eating pattern is how we eat—not just what we eat. The Atlantic lifestyle is deeply tied to a slower, more conscious pace of life. It's normal for families to sit together at the table, prepare food with intention, and savor every bite.

You don't need to move to a seaside village to live this way—you just need to shift a few habits:

- Eat without screens. No phones or TV. Focus on your plate and your people.
- Take 20 minutes per meal. Slower eating helps you feel full, satisfied, and connected.
- Cook in batches, but serve with love. Even reheated meals can feel special with the right plating and atmosphere.

These small rituals turn meals into moments—and that's where the real magic begins.



## Stocking Your Atlantic Pantry

Before we dive into the daily plans, take an hour to prep your pantry and fridge. Most of what you'll need is budget-friendly, easy to find, and long-lasting.

Pantry Staples:

- Legumes: canned or dried chickpeas, lentils, black beans, white beans
- Whole grains: brown rice, quinoa, oats, whole grain couscous
- Healthy oils: extra virgin olive oil
- Spices: garlic powder, smoked paprika, cumin, thyme, oregano, rosemary
- Canned goods: tomatoes, sardines, tuna, anchovies
- Condiments: mustard, lemon juice, balsamic vinegar, capers

### Fridge & Freezer:

- Fresh veggies: spinach, bell peppers, zucchini, carrots, broccoli
- Proteins: eggs, tofu, fish fillets, Greek yogurt
- Herbs: fresh parsley, dill, basil
- Frozen essentials: berries, peas, shrimp, cooked brown rice

With these on hand, 80% of the meals in this plan are ready to go without last-minute shopping.

## Tools That Make Life Easier

You don't need a fancy kitchen setup, but a few basics help make this plan easier to follow:

- Airfryer: the centerpiece of many recipes in your main book, perfect for quick and crisp results with little oil.
- Food processor or hand blender: speeds up prep for patties, dips, and purees.
- Small baking dish: fits inside your Airfryer for casseroles and bakes.
- Mason jars or containers: store dressings, leftovers, and meal-prep components efficiently.

If you don't have these tools yet, don't stress. The recipes are flexible enough to work with basic equipment—you'll simply need to adjust timing slightly.



## Your Weekly Flow

Each week in this plan starts with a “Weekly Overview” chapter that highlights:

- Key ingredients and nutrients
- Time-saving prep ideas
- Weekly shopping list suggestions

You’ll then find **seven daily plans** that include:

- A suggested lunch and dinner
- Brief serving ideas or optional sides
- Full reference to the matching recipe from your main book

We recommend cooking dinner fresh when possible, and preparing lunch from leftovers, bulk-prepped dishes, or quick-cook ingredients like eggs, grains, or beans. This plan respects your time, your energy, and your budget.

## Tips for Success

- Prep just enough. You don’t have to batch cook your entire week. Even washing greens or cooking a pot of rice in advance gives you momentum.
- Don’t skip meals. Eating regularly reduces cravings, regulates energy, and protects your metabolism.
- Keep a journal. Even one line per day helps you notice patterns—what meals energize you, what triggers stress eating, what routines stick.
- Be flexible. If you don’t like a dish, swap it for another from the same week’s ingredient list. The goal is consistency, not perfection.

## What You’ll Gain

Over the next 30 days, expect more than just physical changes. You may feel:

- Clearer-headed and more focused.
- More energy in the mornings and fewer crashes after lunch.
- A renewed enjoyment of cooking and eating.
- Pride in sticking to something positive and lasting.

This isn’t just a reset. It’s a quiet, powerful revolution in how you treat your body and your plate.



# Weekly Overview

## Week 1 (Fresh Start Focus)

Welcome to Week 1 of your 30-Day Atlantic Diet Meal Plan! This first week is all about easing in gently, nourishing your body with wholesome ingredients, and discovering how satisfying and vibrant the Atlantic Diet lifestyle can be. We've designed this week to feel fresh, doable, and delicious—without overwhelm.

Whether you're here for the Mediterranean coastal flavors, the longevity benefits, or the simplicity of clean eating, this plan will help you establish a rhythm and set the tone for the weeks ahead. Each meal this week is built around familiar ingredients with a twist—balanced, nutrient-rich, and easy to prep, with most recipes using your Airfryer for maximum convenience.

Let's break down what you can expect this week and how to make the most of it.

### Weekly Focus: Freshness, Simplicity & Familiar Comfort

We're starting with meals that are light yet satisfying, packed with plant-based fiber, lean protein, and anti-inflammatory fats. This week, the core theme is fresh start. That means we're focusing on meals that don't feel restrictive or complicated. Think vibrant veggies, creamy legumes, grilled fish, and just the right balance of healthy fats to keep you full and energized.

The goal is to help your body transition smoothly into this way of eating without any sense of deprivation. We'll use flavorful herbs like parsley, oregano, and dill to keep things exciting, and simple spices like cumin and smoked paprika to bring depth without adding processed sauces.





## Core Ingredients This Week

Here's a glance at the Atlantic Diet all-stars we're emphasizing in Week 1:

- Chickpeas: High in protein, fiber, and iron; easy to use in patties, bakes, or crisped as toppings.
- Salmon and Tuna: Omega-3-rich fatty fish that promote heart and brain health.
- Spinach, Broccoli & Peppers: Loaded with antioxidants and vitamin C.
- Sweet Potatoes: A comforting source of complex carbs and beta-carotene.
- Whole grains (like quinoa): Used in batch-prepped meals to simplify your week.
- Eggs & Greek yogurt: Versatile protein options for both savory and creamy recipes.
- Olive oil: Your go-to Atlantic Diet fat source, drizzled or brushed for Airfrying.

## Meal Prep for Success (90 Minutes on Sunday)

Taking a little time to prep can make your entire week flow better. Here's how to batch-prep key components for Week 1 in under 90 minutes:

### What to prep:

1. Cook 1½ cups of quinoa (you'll use it in 2 meals).
2. Roast or steam 2 sweet potatoes, mash and store in the fridge.
3. Wash and chop spinach, zucchini, and peppers.
4. Hard-boil 4 eggs for snack or breakfast add-ons.
5. Drain and rinse 3 cans of chickpeas, dry well, and store.
6. Make a simple dressing (olive oil, lemon juice, mustard, oregano) to drizzle over salads or bowls.

This small prep session gives you flexible building blocks and saves you 30–40 minutes per day during the week.

## Week 1 Shopping List Highlights

Here's a condensed version of what you'll need. You can scale based on how many people you're feeding or whether you're doubling recipes for leftovers.

### **Pantry:**

- Canned chickpeas (x4)
- Oat flour
- Olive oil
- Vinegar (balsamic or red wine)
- Spices: cumin, paprika, garlic powder, oregano, smoked paprika
- Quinoa
- Canned diced tomatoes

### **Produce:**

- Spinach (fresh, not frozen)
- Zucchini
- Bell peppers (red, yellow, or green)
- Onions
- Garlic
- Sweet potatoes
- Broccoli
- Avocados
- Lemons
- Tomatoes (fresh or cherry)

### **Protein:**

- Fresh or canned tuna
- Fresh salmon or frozen fillets
- Eggs
- Greek yogurt (plain, full fat or low fat)
- Feta cheese (optional)



## Weekly Rhythm: Ease, Flow & Flavor

Each day, you'll have a breakfast, a lunch, and a dinner planned. Recipes are selected to reuse ingredients throughout the week, reducing waste and decision fatigue.

You'll find:

- 2 days with Airfryer bakes like casseroles or patties
- 2 days with grilled or roasted seafood + vegetables
- 1 plant-forward day using chickpeas in two ways
- 2 mixed days with fish for dinner, legumes for lunch

All meals are naturally gluten-free, with options to adapt for dairy-free preferences.

### Smart Cooking Tips for Week 1

- Don't overcrowd the Airfryer: Crispiness depends on air circulation. Cook in batches if needed.
- Preheat your Airfryer: 3–5 minutes makes a big difference in texture.
- Use a silicone liner or parchment paper to avoid sticking with soft patties.
- Salt after Airfrying, especially for legumes or fish, to keep them from drying out.
- Fresh herbs = freshness boost: Chop parsley, dill, or mint right before serving.

### Energy, Mood & Motivation Boost

Don't just focus on weight or calories this week—notice how you feel. The Atlantic Diet isn't about restriction. It's about eating real food, slowly and joyfully. You may find by Day 3 that your digestion is smoother, your energy steadier, and your cravings more manageable.

Remember: consistency over perfection. If one meal doesn't go to plan, just pick up where you left off. The beauty of this 30-day plan is that it's forgiving and built to flex with real life.

### Pro Tip: Keep a Daily Note

Each night, jot down 1–2 lines:

- What did I love about today's meals?
- Did I feel satisfied and energized after eating?

This simple reflection keeps you mindful and helps reinforce what's working best for your body.

Get ready for Week 1 to taste fresh, feel light, and bring ease back to your meals. Flip to Chapter 3 when you're ready to dive into your first 7-day plan—with exact meals, step-by-step recipes from your main book, and clear guidance to keep you inspired.

# Week 1 Daily Meal Plan

Welcome to Week 1 of your Atlantic Diet journey! This week is all about simplicity, freshness, and building your rhythm. We'll ease into your new lifestyle with ingredients you recognize, recipes that are straightforward, and meals that deliver both nourishment and satisfaction. You'll find fish, legumes, vibrant vegetables, and healthy fats—everything that defines the Atlantic approach to food. Every day includes two featured meals from your main cookbook, carefully selected to be quick, filling, and full of flavor.





## Day 1 – Nourish & Ground

### Lunch: Chickpea & Sweet Potato Patties

These patties offer comfort and fiber, perfect for staying full and energized through the afternoon. Chickpeas provide protein, while the sweet potatoes add a satisfying earthy sweetness. Serve them with a side of mixed greens dressed in olive oil and lemon.

### Dinner: Tuna & Potato Bake

This recipe is a gentle intro to Atlantic Diet dinners—protein-rich tuna, hearty potatoes, and fresh herbs baked into a warm, savory casserole. Easy to prep and even easier to love.

**Prep Tip:** Make double the patties and freeze half. They reheat beautifully.

## Day 2 – Briny & Bright

### Lunch: Smoked Salmon & Dill Egg Muffins

These are light but packed with flavor. The salty salmon, herby dill, and creamy feta create a Mediterranean brunch vibe in just 15 minutes. Pair with a slice of whole-grain toast or a cucumber-tomato salad.

### Dinner: Eggplant & Tomato Feta Casserole

Comforting and tangy, this warm dish celebrates the Atlantic Diet's love for vegetables and feta cheese. It's a beautiful way to eat more plants without even thinking about it.

**Time-Saver:** Make extra egg muffins—they're perfect cold or reheated for a quick snack.

## Day 3 – Crispy & Fresh

### Lunch: Chickpea & Avocado Tostadas

Crunchy tortillas, creamy avocado, and crispy chickpeas seasoned with chili and cumin. This is your midday fiesta—light yet deeply satisfying. Add a dash of lime for brightness.

### Dinner: Lemon-Garlic Shrimp Paella

A classic coastal dish made weeknight-friendly. Shrimp, rice, bell pepper, and garlic come together in an Airfryer-safe pan for a satisfying one-pan meal with zero fuss.

**Swap Option:** No shrimp? Use white beans and a pinch of smoked paprika for a plant-based twist.

## Day 4 – Protein & Plants

### Lunch: Greek Veggie & Quinoa Casserole

This bake is all about color and crunch: zucchini, bell pepper, feta, and egg over quinoa. The protein and fiber combo will carry you comfortably into the evening.

### Dinner: Chickpea-Stuffed Peppers

These bell pepper halves are packed with spiced chickpeas and tomatoes, baked until just tender. They're light but filling and taste great reheated for lunch the next day.

**Kitchen Tip:** Stuffed peppers freeze well—make a second batch for later.

## Day 5 – Mediterranean Earthiness

### Lunch: Tomato & White Bean Bake

Rustic and rich in fiber, this dish leans into the earthy side of the Atlantic Diet. White beans and sweet tomatoes are seasoned simply, then baked until golden. Serve with a handful of arugula or fresh herbs.

### Dinner: Mahi-Mahi with Green Beans

A fast fish dish that's perfect for busy nights. Mahi-mahi is brushed with olive oil and lemon, served over blistered green beans and tomatoes for a clean, elegant meal.

**Add-On:** Drizzle extra virgin olive oil over everything for extra omega-3s.

## Day 6 – Vibrant & Wholesome

### Lunch: Chickpea & Broccoli Patties

Packed with greens and easy to shape, these patties are ideal for prepping ahead. They crisp up beautifully in the Airfryer and pair well with a yogurt dip or sliced cucumbers.

### Dinner: Haddock with Sweet Bell Peppers

Mild haddock bakes perfectly with bell peppers and a hint of citrus. This Atlantic-style sheet pan dinner is a go-to when you want something cozy but clean.

**Serving Suggestion:** Add a few roasted baby potatoes if you want a more hearty plate.



## Day 7 – Comfort & Celebration

### Lunch: Lentil & Roasted Pepper Bake

Lentils meet roasted red peppers and a touch of cheese in this protein-rich vegetarian dish. It's the kind of meal that makes you feel hugged—perfect for a Sunday lunch.

### Dinner: Baked Cod & Tapenade over Potatoes

An Atlantic classic: flaky cod topped with briny olive tapenade, served on a bed of golden potatoes. Every bite is savory, bright, and satisfying.

**End-of-Week Reflection:** How do you feel? What dishes excited you the most? Take 5 minutes to note what worked well—this feedback will help shape the weeks ahead.

## Final Thoughts for Week 1

You've completed your first 7 days on the Atlantic Diet! If you've stuck to most meals, you've already taken in more legumes, vegetables, healthy fats, and fish than many people eat in a week. You've also begun forming habits—meal prepping, cooking simply, and enjoying real, seasonal food. That's exactly the point. This week was about rhythm. Next week, we'll introduce new flavor twists, Mediterranean spices, and satisfying one-pan meals to keep things exciting. You're off to a strong start. Keep going.

# Weekly Overview

## Week 2 (Mediterranean Energy Boost)

Welcome to Week 2 of your 30-Day Atlantic Diet Meal Plan! After laying a strong foundation in Week 1 with clean, simple meals and familiar flavors, it's time to elevate your energy, expand your flavor palate, and lean into the vibrant Mediterranean influences that make the Atlantic Diet so naturally energizing and satisfying. This week, we're focusing on bold flavors, vibrant veggies, and an exciting mix of seafood, legumes, and whole grains to fuel your body with slow-burning energy and long-lasting satiety.

The Atlantic coastal regions are known for their robust, farm-and-sea-to-table traditions. You'll find a deep love for legumes like lentils and chickpeas, an abundance of fresh-caught fish, and generous use of herbs, lemon, and olive oil. This week, we celebrate that balance — rustic, energizing meals that are both nutrient-rich and completely delicious.





## **Nutritional Focus: Energy Through Balance**

We're keeping the carbohydrates complex (lentils, quinoa, wild rice), the fats heart-healthy (extra virgin olive oil, fatty fish, seeds), and the protein lean but complete (seafood, tofu, beans, and eggs). The idea is not to restrict, but to refuel — to feed your metabolism with slow, sustained energy while keeping your digestion light and your palate happy.

Fiber is our friend this week — from red lentils to eggplant, spinach, and zucchini, you'll enjoy meals that support gut health, blood sugar stability, and mental clarity. This is the week to notice how much better your body feels when you ditch the blood sugar rollercoaster and eat in harmony with nature.

### **Flavor Boost: Spice, Citrus & Smoke**

To keep your energy high without needing caffeine or sugar, we use flavor as fuel. This week's meal plan features:

- Harissa for smoky heat
- Lemon zest for brightness
- Cumin and smoked paprika to bring warmth and depth
- Fresh herbs like parsley, dill, and oregano to awaken dishes with life

You'll notice how a splash of citrus or a pinch of spice completely transforms the simplest ingredients. We keep the techniques simple — mostly Airfryer cooking and basic prepping — but the end result feels gourmet.

### **Key Ingredients for Week 2**

Here's what you'll be using most often this week. Keep these stocked and prepped for quick success:

- Legumes: Red lentils, green lentils, black beans, butter beans
- Seafood: Sardines, scallops, cod, octopus, trout
- Vegetables: Eggplant, zucchini, tomatoes, red onion, spinach
- Grains: Quinoa, brown rice, couscous
- Dairy & Eggs: Feta, cottage cheese, Greek yogurt, eggs
- Flavor Makers: Garlic, lemon juice, harissa, smoked paprika, parsley, oregano, olive oil

## Batch Prep Tips for Success

A little batch cooking on Sunday or Monday will make the rest of your week flow beautifully. Here's what to prep ahead if you have one hour:

- Cooked Lentils: Boil red or green lentils and store in the fridge.
- Cooked Quinoa: Great for bakes, bowls, and side dishes.
- Roasted Veggies: Airfry or roast a batch of eggplant and zucchini for easy mixing.
- Hard-Boiled Eggs: For snacking or quick breakfast.
- Chopped Herbs: Parsley, dill, or basil — wash, dry, and store in a container.

**Pro tip:** Mix up a quick lemon vinaigrette with lemon juice, olive oil, garlic, and Dijon mustard. It's a universal dressing for salads, bowls, and even fish.



## Week 2 Grocery List Snapshot

To cover all meals in Week 2, here's your essentials checklist. This assumes a household of 1–2 people. Adjust for your family size:

### **Produce:**

- 2 eggplants
- 2 zucchinis
- 1 bunch spinach
- 2 onions
- 4 tomatoes
- 1 red bell pepper
- 1 lemon
- 1 bunch parsley or dill

### **Pantry:**

- 1 can sardines in tomato sauce
- 1 can black beans
- 1 can butter beans
- 1 can chickpeas
- 1 pack red lentils
- 1 pack couscous
- Brown rice or wild rice
- Olive oil
- Harissa paste
- Tomato paste
- Garlic, cumin, smoked paprika, oregano, chili flakes

### **Protein:**

- 4 cod fillets or equivalent frozen white fish
- 6 large scallops
- 1 can tuna in olive oil
- 1 small pack feta
- 4 eggs

Optional but flavorful: anchovies, olives, capers, lemon zest, nutritional yeast

## Weekly Mindset: Energize Without Overwhelm

This week is about steady energy and delicious nourishment. You're not trying to be perfect — you're building momentum. If you miss a day or mix up meals, that's okay. Each recipe is designed to stand on its own and be mixed and matched as needed.

Try to enjoy at least one meal slowly, without distraction each day. Take a breath between bites. Tune into how food makes you feel — energized, lighter, more in control. The Atlantic Diet isn't just a way of eating; it's a way of living with rhythm, simplicity, and joy.

### Swap Suggestions for Busy Days

Life gets busy. Here are simple swaps you can rely on:

- No time to cook scallops? Swap in a tin of sardines or mackerel and serve over quinoa.
- Don't have lentils cooked? Use canned beans and season them boldly.
- No time for baking? Toss legumes and chopped veggies into the Airfryer with herbs and call it dinner.

Remember: flavor and freshness beat complexity. The recipes this week prove that.

Ready for a week of vibrant, satisfying meals that boost your body and mindset? Let's move on to the daily plans in Chapter 5 and dive right into your Week 2 Mediterranean Energy Boost!

# Week 2 Daily Meal Plan

Welcome to Week 2 of your Atlantic Diet journey! You've already laid a strong foundation—this week is about deepening those healthy habits, exploring more Mediterranean flavors, and keeping your meals colorful, fresh, and satisfying. Think: bold herbs, vibrant veggies, hearty legumes, and nourishing proteins straight from the sea and garden. Below is your complete daily plan, with every recipe pulled directly from your main book. Each day is designed to help you stay full, energized, and inspired.





## Day 8 – Spiced Simplicity

### **Lunch: Curried Red Lentil & Sweet Potato Cakes**

These golden cakes are soft on the inside with a warm, earthy curry aroma. Made with mashed sweet potato, cooked red lentils, and a sprinkle of oat flour and cilantro, they're satisfying and light. Enjoy them with a simple green salad or a dollop of unsweetened yogurt for contrast.

### **Dinner: Sardines with Roasted Eggplant & Mint**

Sardines are a powerhouse of omega-3s, and in this dish, they're paired with tender eggplant and a bright burst of mint. A quick 25-minute Airfryer dinner that feels rustic yet refined. Serve it with a lemon wedge and a spoonful of couscous if you're extra hungry.

## Day 9 – Crisp Meets Creamy

### **Lunch: Crispy Pinto Bean Quesadilla Wedges**

A fun and fiber-rich midday meal. Mashed pinto beans, cumin, and scallions fill whole wheat tortillas, topped with a sprinkle of mozzarella. Airfried until crisp, then cut into wedges. Dip in fresh salsa or plain Greek yogurt for extra zing.

### **Dinner: Salmon with Roasted Fennel & Orange Slices**

This dish brings together the sweetness of roasted fennel and citrusy orange with the rich, flaky flavor of salmon. Airfried to perfection in under 15 minutes. It's light, elegant, and full of anti-inflammatory nutrients.

## Day 10 – Zesty Nourishment

### **Lunch: Smoked Paprika Cod with Wild Rice**

Cod fillets are rubbed with paprika, garlic powder, and sea salt, then laid over a bed of wild rice. Quick to cook, and the flavors are robust. A squeeze of lemon brings it to life.

### **Dinner: Mediterranean Tempeh Bowls**

Tempeh gets a savory glaze with oregano and balsamic, then roasted with zucchini slices. Serve over brown rice or quinoa, and top with a spoonful of tahini or hummus. It's a perfect plant-based meal with staying power.

## **Day 11 – Comfort & Color**

### **Lunch: Garlic Shrimp & Spinach Rice**

Plump shrimp are sautéed with garlic and lemon zest, then tossed with wilted spinach and warm jasmine rice. Fast, protein-rich, and immensely comforting.

### **Dinner: Broccoli & Cheese Protein Bake**

This dish features cottage cheese, steamed broccoli, eggs, and cheddar for a high-protein, low-carb casserole that satisfies. Prep it in the morning, then just heat and eat at dinnertime. A family-friendly hit.

## **Day 12 – Stuffed & Savory**

### **Lunch: Tofu-Stuffed Mushrooms**

Large portobello caps are filled with crumbled tofu, spinach, garlic, and nutritional yeast, then airfried until the tops are just crisp. Serve warm over arugula or with a slice of rustic bread.

### **Dinner: Swordfish with Roasted Red Onions & Capers**

A bold-flavored dinner that feels like a coastal escape. Swordfish is paired with caramelized onions, capers, and a squeeze of lemon. Ready in 20 minutes, and endlessly satisfying.

## **Day 13 – Easy & Energizing**

### **Lunch: Chickpea & Carrot Nuggets**

These crispy bites are packed with protein and color. Chickpeas, grated carrot, garlic, and cumin make them kid-friendly and adult-approved. Pair with a lemony dip or serve in a whole wheat pita with greens.

### **Dinner: Tuna & Olive Airfryer Rice Bake**

A creamy, briny bake made with jasmine rice, tuna, black olives, spinach, and a touch of lemon juice. It's hearty and Mediterranean at its best—quick comfort food that's full of nutrients.

## Day 14 – Celebration of Flavor

### Lunch: Spiced Lentil & Rice Cakes

Cooked lentils and brown rice are combined with parsley, cumin, and an egg binder, then crisped into savory cakes. Serve with a citrus yogurt sauce or avocado mash on the side. Filling, fiber-rich, and portable.

### Dinner: Tomato Basil Rice with Airfried Scallops

Sweet cherry tomatoes, tomato paste, and fresh basil turn jasmine rice into a flavorful base. Top it off with seared scallops, crisped in the Airfryer with olive oil and sea salt. A restaurant-worthy meal that's easy to make at home.

### Tips for the Week:

- Batch Cooking Ideas: Cook extra lentils, quinoa, and rice at the start of the week. Store them in the fridge for up to 5 days and reheat as needed.
- Ingredient Swaps: Can't find swordfish? Use salmon or cod. No tempeh? Try tofu. Allergic to shellfish? Sub white beans or mushrooms.
- Lunchbox Friendly: Lentil cakes, tofu mushrooms, and quesadilla wedges pack beautifully for work or school.
- Stay Hydrated: Pair your meals with herbal teas, lemon water, or a small glass of red wine (1–2 times per week) to mirror the Atlantic lifestyle.

Week 2 is designed to strengthen your relationship with whole foods, inspire culinary curiosity, and show you just how versatile this way of eating can be. From humble legumes to luxurious scallops, every meal is a small celebration of nourishment. Keep going—you're halfway there and doing beautifully.



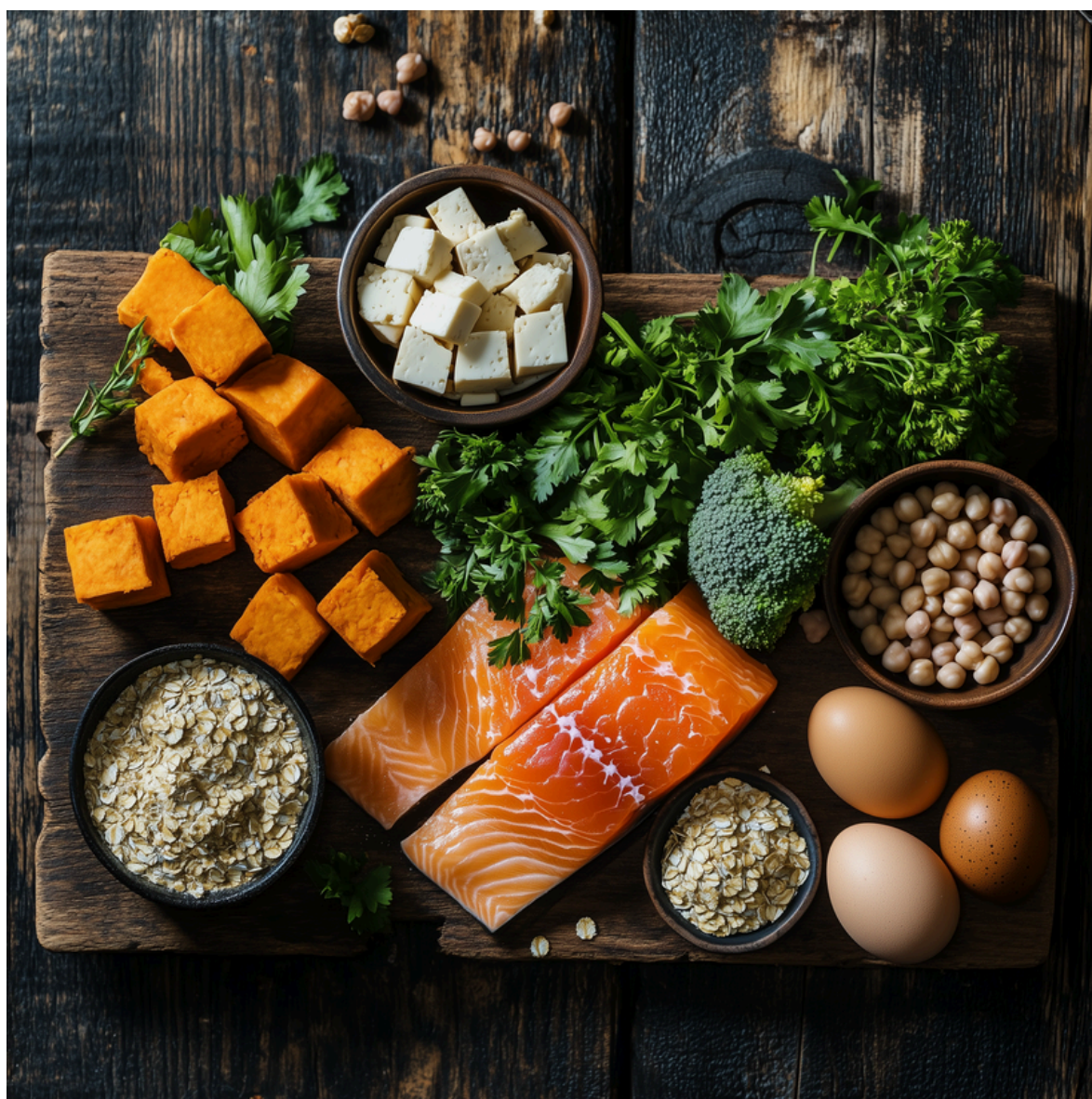
# Weekly Overview

## Week 3 (Lean Protein & Fiber Balance)

Welcome to Week 3 of your 30-Day Atlantic Diet journey! By now, your body is likely feeling lighter, your energy more stable, and your meals more vibrant than ever. This week, we focus on an essential Atlantic Diet pillar: balancing lean protein and fiber. This dynamic duo doesn't just keep you full—it supports digestion, blood sugar stability, and long-term weight control. In traditional Atlantic coastal households, this balance is second nature, and we're bringing that same wisdom into your kitchen.

This week's dishes highlight legumes, tofu, lentils, and sustainably sourced seafood, all rich in protein and deeply satisfying. We pair them with high-fiber vegetables, whole grains, and healthy fats like extra virgin olive oil. This not only keeps your taste buds happy but ensures that each bite is loaded with nutrients that work for your body, not against it.

Let's dive into what's ahead and how to make it work—practically, easily, and joyfully.



## **Nutritional Focus: Why Protein + Fiber Works**

Atlantic Diet meals naturally shine with legumes (like chickpeas, lentils, and beans), plant-based proteins (like tofu and tempeh), and clean seafood options. These ingredients provide slow-digesting protein, which helps maintain muscle, regulates hunger hormones, and keeps you satisfied. Meanwhile, fiber-rich foods improve gut health, reduce inflammation, and help flush out toxins.

Pairing the two is smart: fiber slows down how quickly protein is absorbed, keeping your blood sugar stable and your appetite in check. It's a foundational habit of long-living Atlantic regions like coastal Portugal and Northern Spain.

This week's meals are designed to keep you comfortably full—no cravings, no crashes, just balanced nourishment.

## **Weekly Shopping Focus**

Before you get cooking, set yourself up for success. Here's what you'll want to have on hand for easy meal prep:

### **Proteins:**

- Canned or cooked chickpeas, black beans, and lentils
- Extra-firm tofu
- Fresh or frozen white fish (cod, haddock)
- Tempeh
- Eggs
- Salmon or sardines (fresh or tinned in olive oil)

### **Fiber Heroes:**

- Sweet potatoes
- Broccoli, cauliflower, spinach
- Zucchini, bell peppers
- Cabbage, onions, garlic
- Whole grains: brown rice, quinoa, oat flour

### **Flavor Makers:**

- Fresh herbs: parsley, dill, oregano
- Lemon juice & zest
- Olive oil
- Spices: cumin, paprika, garlic powder, chili flakes

Stocking your pantry once sets you up for the whole week. Keep canned legumes rinsed and stored in glass containers, and precook a batch of quinoa or brown rice for quick bowls or patties. Simplicity is power.

## Weekly Meal Strategy

To keep things stress-free, this week's plan leans on meal building blocks—components that can be mixed and matched. Here's how to structure your prep:

Weekend Prep Ideas:

- Cook 1–2 cups of lentils and quinoa
- Make a double batch of Zesty White Bean Patties for lunches
- Chop vegetables (bell peppers, onions, broccoli) and store them in glass containers
- Marinate tofu or tempeh for fast weekday dinners
- Bake a tray of sweet potatoes and refrigerate

### Smart Tip:

Keep a jar of homemade lemon-herb vinaigrette on hand for quick flavor boosts. Each evening, dinner comes together in under 25 minutes with minimal stress.

## A Sneak Peek at the Week

Here's a quick glance at some of the balanced meals you'll enjoy:

- Zesty White Bean & Lemon Patties: High in protein and perfect for a light lunch or dinner over greens.
- Tofu & Green Bean Stir-Fry with Lemon Zest: A clean, bright dish that's both fast and flavorful.
- Grilled Octopus with Potatoes & Olives: Bold Atlantic flavors rich in lean protein and healthy fats.
- Eggplant & Chickpea Rice Bake: Comforting, hearty, and rich in fiber.
- Tempeh & Cauliflower Roast: A savory meal that satisfies with plant-based goodness.
- Chickpea & Bell Pepper Hash: One-pan simplicity loaded with Mediterranean flavors.
- Anchovy-Stuffed Couscous Bell Peppers: Salty, briny, and incredibly satisfying.

All these dishes are from your main recipe book, so you'll already know how to prepare them. Just follow the plan, and enjoy how effortless it feels.

## Mindful Eating Challenge

This week, try slowing down at mealtime. Chew each bite thoroughly. Put your fork down between bites. Tune in to your fullness signals. These small habits not only enhance digestion but also teach your body to savor and appreciate food.

Here's a simple ritual:

Before your first bite, take a deep breath. Give thanks. Then eat slowly and intentionally. This is how meals become moments.



## 17 Weekly Flow Example

Here's a balanced day from Week 3:

Breakfast: Smoked Salmon & Dill Egg Muffins (protein-rich start)

Lunch: Chickpea & Broccoli Patties + side salad

Snack: A handful of walnuts + sliced apple

Dinner: Lemon-Garlic Shrimp with Zucchini & Tomatoes over quinoa

Evening Treat: Herbal tea with a few olives or a piece of dark chocolate

Eating this way feels indulgent, but every bite is rooted in longevity, balance, and simplicity.

### Quick Tips for Success

- Don't fear repetition. Reusing your favorite meals saves time and mental energy.
- Mix & match. Leftover patties? Throw them in a wrap or on a salad.
- Hydrate well. Fiber needs water to do its job—keep sipping!
- Prep once, eat twice. Double up on dinner and pack leftovers for lunch.
- Build bowls. Grain + veggie + protein + drizzle = Atlantic magic.

You're entering the heart of the plan now. Week 3 is where results begin to compound—more energy, clearer skin, steadier moods, and better digestion. Keep showing up for yourself. Keep trusting the process.

You're doing something powerful here: you're not just following a diet—you're learning to live well, the Atlantic way.

Ready for Day 15? Let's go!

# Week 3 Daily Meal Plan

Balancing fiber, lean proteins & Mediterranean flavor

Welcome to Week 3—by now, you've got a strong rhythm going. You've stocked your pantry, you know how to handle batch prep, and you're starting to really feel the Atlantic Diet in your body—more energy, better digestion, and maybe even a sense of calm confidence in the kitchen.

This week's focus is nutritional balance with functional simplicity. We bring in more legumes and whole grains while keeping the meals exciting through fresh herbs, zesty citrus, and just enough spice to keep your palate guessing. Let's jump into your day-by-day plan!



## Day 15

### **Lunch: Tofu & Green Bean Stir Fry**

This light, crisp stir-fry features tofu cubes crisped in the Airfryer, tossed with tender green beans and a soy-lemon glaze. It's protein-packed and comes together in 15 minutes—a great way to break up a busy day.

### **Dinner: Crispy Chickpea & Spinach Balls**

Airfried until golden and served over a dollop of garlicky yogurt or hummus, these are a vegetarian powerhouse. Make extra—they store well and reheat beautifully.

## Day 16

### **Lunch: Grilled Octopus with Fingerling Potatoes & Olives**

A rustic dish that tastes like a coastal café lunch. The octopus is tender with crispy edges, paired with briny olives and creamy potatoes. Serve with lemon wedges and a handful of chopped parsley.

### **Dinner: Eggplant & Chickpea Rice Bake**

Savory, filling, and full of fiber, this bake layers eggplant, spiced chickpeas, and rice with a touch of cumin and tomato. Comfort food, the Atlantic way.

## Day 17

### **Lunch: Zesty White Bean Patties**

These patties are flavored with lemon zest, parsley, and a touch of Dijon. Crisp on the outside and creamy on the inside, they're great with a crunchy side salad.

### **Dinner: Sheet Pan Shrimp & Zucchini**

Airfry shrimp and zucchini ribbons together with garlic, olive oil, and a hint of chili. Toss everything with lemon juice before serving. Done in under 20 minutes—and the cleanup is just as quick.



## Day 18

### **Lunch: Spicy Lentil Sliders**

Made with red lentils, onions, and warming spices, these little sliders are both fun and filling. Serve them on lettuce wraps with avocado slices and lime juice.

### **Dinner: Trout with Zucchini Ribbons & Cherry Tomatoes**

A vibrant dish that uses simple ingredients to stunning effect. Trout fillets are cooked over zucchini ribbons and sweet cherry tomatoes, all seasoned with basil and a dash of lemon.

## Day 19

### **Lunch: Chickpea & Zucchini Fritters**

Grated zucchini meets mashed chickpeas in this crunchy, herb-forward fritter. Perfect hot or cold. Dip in yogurt or enjoy with sliced cucumber and tomato.

### **Dinner: Whiting with Roasted Celery Root & Thyme**

Earthy celery root brings a wintery grounding to this flaky white fish. Thyme adds subtle aroma, and a finish of lemon keeps it bright.

## Day 20

### **Lunch: Lemon Herb Chicken Rice**

Cooked brown rice tossed with shredded chicken, lemon zest, and chopped herbs makes for a refreshing, satisfying midday meal. Ideal for batch prep and fridge-to-table efficiency.

### **Dinner: Black Bean & Corn Patties**

Corn adds sweetness to these hearty patties, which crisp up beautifully in the Airfryer. Serve with guacamole or salsa and a big green salad.

## Day 21

### Lunch: Crispy Tofu & Asparagus

The tofu develops a satisfying outer crust while staying soft inside, and the asparagus adds that springtime snap. A little drizzle of tahini-lemon sauce rounds it out.

### Dinner: Anchovy Couscous Boats

This meal sounds fancy but is fast and humble. Couscous is mixed with lemon, anchovy, and fresh parsley, then stuffed into halved bell peppers and Airfried. Serve hot with a side of roasted carrots or arugula.

## End-of-Week Reflection & Tips

You've just completed the third leg of your journey—and by now, you've probably noticed a few things:

- Your digestion is calmer. Thanks to the fiber from lentils, chickpeas, and veggies.
- You feel light but full. Because meals are nutrient-dense but never heavy.
- You're mastering the Airfryer. You can now whip up complex meals in under 25 minutes, with minimal oil and cleanup.

This week was about smart combinations—pairing plant-based proteins with seafood, or hearty legumes with bright vegetables. Continue using these combos as building blocks for your own meals, even beyond this 30-day plan.

Tomorrow, we begin Week 4: a celebration of simplicity and satisfaction. The Atlantic way.

# Weekly Overview

## Week 4 (Simplicity & Satisfaction)

You've made it to Week 4—and by now, the Atlantic Diet likely feels less like a plan and more like a way of life. This final stretch is all about eating with ease and joy. You've done the heavy lifting with prepping, planning, and learning new flavors. Now, it's time to embrace simple meals that still feel satisfying, nurturing, and fresh. This week is about trusting your instincts, leaning into what you've learned, and discovering the small pleasures of balanced eating.

### The Theme: Ease, Flavor & Flexibility

In Week 4, the theme is simplicity without compromise. We're dialing down the complexity while keeping taste and nourishment high. You'll notice:

- Shorter prep times
- Recipes with fewer ingredients
- Flexible meal formats (like bowls and trays)
- Reusable components (a chickpea batch or a roasted veggie tray used twice)
- Quick-cook seafood and vegetable pairings

You don't need to be in the kitchen for hours to eat well. In fact, this week celebrates how low-effort meals can deliver maximum satisfaction when you rely on the Atlantic Diet's core ingredients: fresh produce, legumes, lean proteins, and healthy fats.



## Weekly Star Ingredients

This week, we'll be rotating the following nutrient-rich, Atlantic-friendly items:

- Zucchini – Grilled, stuffed, and used as low-carb boats
- Broccolini – Lightly charred and tossed with citrus
- Shrimp – High in protein, low in fat, and fast to cook
- Tofu & Tempeh – Plant protein options that absorb flavors beautifully
- Sardines – Packed with omega-3s and perfect for one-pan meals
- Chickpeas & Lentils – For budget-friendly, filling meals that don't skimp on texture
- Tomatoes – Cherry or diced, for acidity and natural sweetness
- Cauliflower – Used in trays, bites, and roasts

The ingredient list is purposefully versatile and repeatable. Once you shop for these, you'll have enough variety to cover the week with confidence.



## Shopping List for Week 4

Here's what you'll want on hand (adjust quantities for household size or double for meal prepping):

### **Produce**

- Zucchini (4 medium)
- Cherry tomatoes (2 pints)
- Broccolini or broccoli (2 bunches)
- Red and yellow bell peppers (3 total)
- Eggplant (2 medium)
- Spinach (1 bag fresh)
- Sweet potatoes (2 medium)
- Red onions (2)
- Lemons (2)
- Garlic (1 bulb)

### **Proteins**

- Shrimp (16 oz, peeled and deveined)
- Tofu (14 oz, extra firm)
- Tempeh (8 oz)
- Sardines in olive oil or tomato sauce (2 cans)
- Cod or tilapia fillets (2)
- Canned chickpeas (3)
- Cooked lentils (2 cups)

### **Pantry & Fridge**

- Olive oil
- Dijon mustard
- Balsamic vinegar
- Whole-grain breadcrumbs
- Oat or almond flour
- Spices: cumin, smoked paprika, oregano, thyme
- Salt & black pepper
- Optional: Harissa paste, tahini, feta, yogurt

## Prep Tips for the Week

Here's how to set yourself up for effortless cooking all week long:

### **1. Roast & Store**

Roast two trays of vegetables on Day 1 using olive oil, salt, paprika, and thyme—one with zucchini, eggplant, and tomatoes, and the other with cauliflower and bell peppers. These can be stored in airtight containers and reheated or used cold in bowls.

### **2. Batch-Cook Legumes**

Drain and season chickpeas with olive oil, garlic powder, and cumin, then roast in the Airfryer until crispy. Store them dry in a container—great for salads, bowls, or quick snacks.

### **3. Pre-Marinate Proteins**

Toss shrimp with olive oil, lemon zest, and garlic, and refrigerate in a sealed bag. Do the same with tofu or tempeh using balsamic and oregano. Marinating ahead improves flavor and saves time.

### **4. Cook Grains (Optional)**

If you want to stretch meals, cook a cup of quinoa or brown rice at the start of the week. These are excellent foundations for grain bowls and sides for proteins.

## Recipe Recycling & Repeat-Friendly Meals

This week, we build on what you've already made or prepped. Some examples:

- Roasted Veggie & Chickpea Bowls: Add spinach, a spoon of yogurt, and a squeeze of lemon for a 5-minute lunch.
- Zucchini Boats: Fill them with leftovers—chickpeas, lentils, or sardine-tomato mash.
- Tempeh or Tofu Trays: Once cooked, can be reused in wraps or served cold over grains.
- Airfried Fish Fillets: Add to a salad with cherry tomatoes, olives, and lemon vinaigrette.
- Stuffed Eggplant Halves: Use as a main or cut into chunks for lunchboxes.

You don't need to reinvent every meal. Let your fridge do the work.

## A Mindful Finish: Eating with Awareness

As you approach the end of your 30-day journey, it's worth pausing to reflect. Ask yourself:

- What meals did I truly enjoy?
- Which ones left me feeling full but light?
- Did I notice improvements in energy, digestion, or sleep?

This chapter isn't just about easier cooking—it's about deepening your awareness of what works for your body. The Atlantic Diet is sustainable because it isn't about rules or perfection. It's about rhythm. By now, you've started to develop your own.

Take that rhythm into the future. Keep things seasonal. Rotate your proteins. Listen to what you're craving—and meet it with whole, beautiful food.

### Goals for Week 4

- Enjoy familiar meals with minor twists—reuse what works.
- Minimize kitchen time without sacrificing variety.
- Observe and adapt—use your hunger, mood, and energy as cues.
- Finish strong but stay relaxed—there's no “perfect day.”

Next up: your final seven-day meal plan—a week of flexible, crave-worthy dishes that close the 30-day cycle with celebration and satisfaction.

# Week 4 Daily Meal Plan

You've made it to Week 4—well done! At this point, you've likely built solid momentum with the Atlantic Diet. You've discovered the power of fresh seafood, seasonal produce, legumes, and good olive oil. This week, we focus on variety, simplicity, and satisfaction. Meals are nourishing yet vibrant—perfect for intuitive eaters and families alike.

Each day features dishes from your main cookbook. You already know the basics: no ultra-processed ingredients, no strict rules, just real food that's easy to prep, full of flavor, and rooted in Atlantic coastal tradition.

Here's your final week's daily breakdown





## Day 22

### **Lunch: Harissa Chickpea Zucchini Boats**

These boats are filled with spiced chickpeas, garlic, and tomato paste—roasted until tender with just the right kick. Served warm with a green salad, they're a plant-based powerhouse.

### **Dinner: Tilapia with Roasted Broccolini & Grape Tomatoes**

A one-tray delight. Broccolini and tomatoes get a light char, then the tilapia cooks on top—moist, lemony, and flaky. Just 20 minutes in the Airfryer.

## Day 23

### **Lunch: Smoky Lentil Patties with Yogurt Dip**

These airfried patties blend lentils, rice, cumin, and herbs. Crispy outside, creamy inside. Serve with lemon yogurt and a cucumber salad.

### **Dinner: Tofu & Eggplant Ribbons with Tahini Sauce**

Slices of marinated eggplant and tofu roast beautifully together. Add a drizzle of tahini-lemon dressing and serve with couscous.

## Day 24

### **Lunch: Tomato Basil Scallop Rice**

Scallops cooked with garlic, tomato, and brown rice create a rich but light dish. Basil adds a fresh finish. Try it warm or at room temp for a Mediterranean lunchbox.

### **Dinner: Tempeh & Cauliflower Roast**

Tempeh cubes and cauliflower florets caramelize with paprika and olive oil. Pair with a side of sautéed greens or lentils.

## Day 25

### **Lunch: Tuna Steak & Cherry Tomato Tray Bake**

This dish brings bright cherry tomatoes and tuna steaks together. Garlic, lemon zest, and olive oil make this a fast and flavorful lunch.

### **Dinner: Chickpea & Bell Pepper Hash**

A rustic pan of sautéed chickpeas, bell pepper, onion, and herbs. It's savory, filling, and packed with fiber. Top with a soft egg if desired.

## Day 26

### **Lunch: Mussels with Roasted Fennel & Garlic Crumbs**

An elegant, surprisingly simple dish. Mussels steam open over fennel, finished with garlicky whole-grain breadcrumbs and lemon zest.

### **Dinner: Lentil-Stuffed Peppers with Tomato Glaze**

These colorful bell peppers are packed with lentils, veggies, and herbs. Baked until soft and lightly crisped. Drizzle with a spiced tomato sauce.

## Day 27

### **Lunch: Crispy Tofu Stir-Fry with Red Onions & Peppers**

The Airfryer gives tofu the perfect bite. Stir-fried onions and peppers bring balance. Add a spoonful of brown rice for a rounded plate.

### **Dinner: Roasted Salmon & Fennel with Orange**

The citrus in this dish lifts the natural flavor of the salmon. Fennel gets caramelized in the Airfryer. The whole dish is done in under 25 minutes and feels restaurant-worthy.

## Day 28

### Lunch: Cod & Baby Potatoes with Olive Tapenade

This one's hearty but clean. Baby potatoes roast first, then the cod joins in. Tapenade ties everything together—briny, sharp, and irresistible.

### Dinner: Spicy Sardine Rice Bowl with Mint

Sardines, roasted eggplant, cumin, and mint come together over warm rice. It's bold, protein-rich, and deeply satisfying. A perfect way to wrap up the 4 weeks.

### Notes for the Week:

- All recipes are portioned for 2 unless noted otherwise.
- Rotate vegetables as needed based on your season and region.
- Don't hesitate to batch cook grains or chop ahead.
- Use any extra herbs for vinaigrettes or garnishes.

### Your Final Thoughts

This final week showcases the diversity and simplicity the Atlantic Diet offers. Whether it's a classic seafood tray bake or a creative veggie bowl, these meals emphasize real ingredients cooked well—not perfection.

Remember: consistency matters more than complexity. If you've made it through 30 days, your taste buds have adapted, your kitchen habits have strengthened, and your body is likely already thanking you.

Keep your copy of the full recipe book close, return to these plans as needed, and trust yourself in the kitchen. You've got everything you need to make this lifestyle your own—one delicious plate at a time.

# The Final Two: Savoring the Finish

You're in the home stretch! Days 29 and 30 round out your Atlantic Diet journey with vibrant, satisfying meals that celebrate everything you've practiced so far—balance, flavor, and simplicity. These final two days offer a nourishing send-off and a reminder that this isn't the end, but the beginning of a sustainable, joyful way of eating.

## Day 29

### **Lunch: Sardine & Avocado Toast with Pickled Onions**

Whole-grain toast topped with mashed avocado, lightly grilled sardines, and quick-pickled red onions. A zesty, satisfying lunch packed with omega-3s.

### **Dinner: Herbed White Bean Stew with Airfried Carrots**

A cozy, rustic stew with creamy white beans, garlic, rosemary, and seasonal greens. Serve with crisp airfried carrot spears on the side for crunch and color.

## Day 30

### **Lunch: Grilled Shrimp & Quinoa Salad with Lemon Vinaigrette**

Shrimp grilled with garlic and paprika top a bed of quinoa, cucumbers, and cherry tomatoes. Finished with a bright vinaigrette and fresh parsley.

### **Dinner: Sweet Potato & Kale Bake with Feta Crumble**

Thin slices of sweet potato layered with kale, onion, and herbs. Baked until golden, then sprinkled with tangy feta. A colorful, plant-forward finish to the journey.

## **Closing Thoughts: You Did It**

Congratulations—30 days of the Atlantic Diet are behind you! You've explored a beautiful way of eating that's flexible, flavorful, and rooted in timeless coastal traditions. From fresh seafood to fiber-rich legumes and vibrant vegetables, you've nourished your body without restriction or complexity.

This isn't a finish line—it's a foundation. Keep leaning into what makes you feel good. Use these meals as a compass, not a rulebook. Your health journey is uniquely yours, and now you've got the tools to navigate it—one mindful, delicious plate at a time.



# Bonus: Tips, Tools & Motivation

You've made it to the final chapter of your 30-day Atlantic Diet journey—congratulations! By now, you've explored fresh ingredients, Mediterranean flavors, and dozens of satisfying dishes pulled straight from the sea and soil. This final chapter is your personal toolbox—packed with smart strategies, flexible swaps, portion guidance, and motivational fuel to keep this lifestyle going strong. The Atlantic Diet isn't a strict rulebook—it's a living, breathing way of eating that fits real life. Let's make it stick.

## 1. The Power of Simplicity

One of the most beautiful things about the Atlantic Diet is how unfussy it is. You don't need hard-to-pronounce ingredients or gourmet skills. You need freshness, balance, and rhythm. Olive oil, legumes, seasonal vegetables, whole grains, fish, and a sprinkle of herbs—these are your essentials. If you ever feel overwhelmed, return to that simplicity. A grilled piece of fish, some olive oil-drizzled potatoes, and a side of steamed greens can be just as nourishing (and delicious) as a multi-step meal.

## 2. Smart Shopping Habits

Your shopping list is your roadmap. Here are some quick tips for staying organized and on-budget:

- Shop seasonally: Atlantic Diet staples like leafy greens, tomatoes, legumes, and fish fluctuate in price based on the season. Embrace what's local and in-season.
- Go for frozen fish: It's often more affordable and just as nutrient-rich.
- Stock dry staples: Chickpeas, lentils, quinoa, brown rice, and rolled oats keep your pantry ready.
- Plan in batches: Use one shopping session to prep for 3–4 days, saving time and avoiding impulse buys.
- Reuse templates: Print or copy the shopping lists from each week and modify them based on what you already have at home.

### 3. Portion & Satiety Cues

The Atlantic Diet is about abundance, not restriction. But tuning into satiety is key:

- Visualize your plate: Half should be vegetables, one-quarter whole grains or legumes, and one-quarter protein (like fish, eggs, or tofu).
- Use smaller plates: This simple trick can help you naturally eat less while feeling just as satisfied.
- Don't skip fats: A drizzle of olive oil or a handful of olives adds flavor and slows digestion—helping you feel full longer.
- Pause halfway: After eating half your plate, pause for 2 minutes. Still hungry? Keep eating. If not, stop.

### 4. Recipe Swaps That Actually Work

Some days you won't have the exact ingredients, and that's okay. Here's a cheat sheet of fast, reliable substitutions:

- Out of chickpeas? Use white beans or lentils.
- No quinoa? Try bulgur, barley, or brown rice.
- No salmon? Use mackerel, sardines, or even tofu.
- Fresh herbs unavailable? Use dried (1 tsp dried = 1 tbsp fresh).
- No yogurt for dressings? Blend soft tofu or use tahini for creaminess.

The Atlantic Diet is flexible. The goal is always: whole, unprocessed, plant-forward meals with seafood as your anchor protein.

### 5. Meal Prep Magic

If your week is busy (and let's face it, whose isn't?), try these strategies:

- Batch cook grains: Cook a large pot of quinoa or brown rice on Sunday. It keeps 4–5 days.
- Prep proteins: Marinate fish, portion tofu, or boil eggs in advance.
- Chop veggies ahead: Store washed, chopped produce in airtight containers.
- Use freezer packs: Freeze portions of cooked legumes or pre-chopped casserole mixes in labeled bags.
- Double-up: When cooking dinner, make extra. Tomorrow's lunch is halfway done.

You're not just eating healthy—you're planning to win.

## 6. Flavor Boosters Without Guilt

The Atlantic Diet doesn't shy away from flavor—it just uses smarter sources:

- Herbs & citrus: Basil, parsley, dill, lemon, and orange zest bring freshness.
- Spices: Smoked paprika, cumin, oregano, and garlic powder create depth.
- Ferments: A dollop of yogurt, a spoon of capers, or a few olives add tang and umami.
- Homemade dressings: Mix olive oil + vinegar + herbs + mustard for fast flavor.

Forget bland. This is rustic, Mediterranean coastal cooking—where flavor meets function.

## 7. Staying Motivated

Motivation isn't something you “have”—it's something you build. Here's how:

- Celebrate small wins: Finished 7 days? Cooked 3 new recipes? That's a win.
- Don't chase perfection: There's no shame in a skipped meal plan or a last-minute change. Consistency over perfection.
- Track your mood, not just weight: Are you less bloated? More energetic? Sleeping better? Write that down—it matters more than the scale.
- Repeat your favorites: If you loved the Chickpea & Avocado Tostadas, make them again! Repetition builds habits.

## 8. Use the Notes & Reflection Section

Your main book likely has space to jot down notes, favorites, and changes. Use it! This helps you:

- Track ingredient swaps that worked
- Identify go-to meals for busy nights
- Reflect on cravings and how you handled them
- Record emotional patterns (were you stress-eating or truly hungry?)

Over time, this becomes your personal Atlantic playbook.

## 9. After 30 Days: What Now?

The goal of this meal plan wasn't just to feed you for a month. It was to equip you for a lifetime of healthy, joyful eating.

- Repeat the plan: Use it again next month with minor tweaks. Swap in seasonal produce.
- Mix and match weeks: Week 1 of this month + Week 3 of last month = a fresh new cycle.
- Build your own plan: Use what you've learned to create your own personalized 7-day menus.
- Cook intuitively: With practice, you'll naturally pair foods the Atlantic way—without thinking twice.

## 10. Final Thought: This Is a Lifestyle, Not a Diet

The Atlantic Diet isn't about strict macros, calorie tracking, or fads. It's about nourishment. Connection. Tradition. Freshness. The smell of lemon on grilled fish. The crunch of chickpeas. The joy of eating well without overcomplication.

You don't need to be perfect—just consistent, curious, and kind to yourself. If this plan helped you feel better, think clearer, or love your kitchen again, then it's already a success.

Your table is now an Atlantic table—abundant, balanced, and full of life. Keep cooking, keep enjoying, and let this way of eating guide you long after the 30 days are done.



# DISCOVER THE BENEFITS OF THE ATLANTIC DIET

Characterized by fresh seafood, vegetables, whole grains, legumes, and healthy fats, the Atlantic diet is a traditional cuisine of coastal communities known for its ability to support heart health and overall wellness.

This 30-day meal plan equips you to follow this powerful diet with satisfying recipes made with wholesome ingredients, airfryer dishes that make cooking easier than ever, and practical lifestyle advice to help you succeed—so you can take control of your long-term health, lose weight, boost your energy, and age vibrantly.

