

A low-carb Mediterranean-style diet is rich in healthy fats, lean proteins, and a variety of vegetables, with a focus on whole, unprocessed foods. Here's a 7-day sample nutrition diet plan with a breakdown of carbs, protein, and fats. Please note that the macronutrient ratios can vary depending on your specific goals and preferences, so feel free to adjust as needed:

Day 1:

- Breakfast: Greek yogurt with berries and a sprinkle of chopped nuts (15g carbs, 15g protein, 12g fats)
- Lunch: Grilled chicken breast with a Greek salad (10g carbs, 30g protein, 10g fats)
- Snack: Hummus with sliced cucumber and bell peppers (10g carbs, 5g protein, 7g fats)
- Dinner: Baked salmon with steamed broccoli and quinoa (25g carbs, 30g protein, 15g fats)

Day 2:

- Breakfast: Scrambled eggs with spinach and feta cheese (7g carbs, 15g protein, 10g fats)
- Lunch: Tuna salad with mixed greens and olive oil dressing (8g carbs, 25g protein, 15g fats)
- Snack: Almonds and cherry tomatoes (10g carbs, 5g protein, 14g fats)
- Dinner: Grilled shrimp with roasted asparagus and a side of cauliflower rice (15g carbs, 25g protein, 10g fats)

Day 3:

- Breakfast: Omelet with tomatoes, olives, and herbs (8g carbs, 20g protein, 12g fats)
- Lunch: Zucchini noodles with pesto and grilled chicken (12g carbs, 30g protein, 18g fats)
- Snack: Greek yogurt with honey and walnuts (15g carbs, 10g protein, 10g fats)
- Dinner: Baked cod with sautéed spinach and a side of quinoa (20g carbs, 30g protein, 12g fats)

Day 4:

- Breakfast: Smoothie with spinach, avocado, and protein powder (10g carbs, 20g protein, 15g fats)
- Lunch: Quinoa salad with mixed vegetables and grilled tofu (20g carbs, 15g protein, 10g fats)
- Snack: Sliced bell peppers with tzatziki (8g carbs, 5g protein, 8g fats)
- Dinner: Baked chicken thighs with a side of ratatouille (10g carbs, 30g protein, 15g fats)

Day 5:

- Breakfast: Chia pudding with almond milk, topped with berries (15g carbs, 7g protein, 10g fats)
- Lunch: Mediterranean vegetable stir-fry with shrimp (15g carbs, 25g protein, 10g fats)
- Snack: Mixed nuts (10g carbs, 5g protein, 20g fats)
- Dinner: Grilled lamb chops with a Mediterranean salad (10g carbs, 30g protein, 20g fats)

Day 6:

- Breakfast: Smoked salmon with cream cheese and cucumber slices (7g carbs, 15g protein, 10g fats)
- Lunch: Lentil soup with a side of mixed greens (20g carbs, 10g protein, 5g fats)
- Snack: Cottage cheese with cherry tomatoes and basil (10g carbs, 15g protein, 5g fats)
- Dinner: Baked eggplant with ground beef and a tomato sauce (15g carbs, 30g protein, 12g fats)

Day 7:

- Breakfast: Avocado and poached eggs on whole-grain toast (20g carbs, 15g protein, 15g fats)
- Lunch: Grilled turkey skewers with a cucumber and tomato salad (10g carbs, 25g protein, 10g fats)
- Snack: Olives and feta cheese (5g carbs, 5g protein, 10g fats)
- Dinner: Baked mackerel with a side of roasted Brussels sprouts and a quinoa pilaf (20g carbs, 30g protein, 15g fats)

Please remember to adjust portion sizes and macronutrient ratios to meet your specific dietary needs and calorie requirements. It's also essential to stay hydrated and drink plenty of water throughout the day.