Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

AMETHYST & TANGERINE COZY EDITION PDF



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Prep							
Dinner							

Herbs

Legumes

Olive oil staples

Fish nights

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Grocery list

- [ ] Kimchi
- [ ] Herbs
- [ ] Garlic
- [ ] Walnuts
- [ ] Miso
- [ ] Tuna
- [ ] Kale
- [ ] Sourdough
- [ ] Broccoli
- [ ] Avocado
- [ ] Chickpeas
- [ ] Lemons
- [ ] Sweet potato
- [ ] Cottage cheese
- [ ] Zucchini
- [ ] Pumpkin seeds
- [ ] Tofu
- [ ] Almonds
- [ ] Turmeric
- [ ] Oats

Pantry

Household

Produce

Bakery