Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

CORAL & EMERALD BOTANICAL EDITION PDF



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Prep							
Breakfast							
Lunch							
Dinner							

Legumes

Fish nights

Herbs

Olive oil staples

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GROCERY LIST

- [ ] Cucumber
- [ ] Chicken thighs
- [ ] Sardines
- [ ] Garlic
- [ ] Miso
- [ ] Berries
- [ ] Quinoa
- [ ] Ginger
- [ ] Sweet potato
- [ ] Walnuts
- [ ] Kimchi
- [ ] Chickpeas
- [ ] Feta
- [ ] Tuna
- [ ] Spinach
- [ ] Cottage cheese
- [ ] Almonds
- [ ] Lemons
- [ ] Eggs
- [ ] Pumpkin seeds

Spices

Drinks

Dairy

Frozen