Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

ELECTRIC VIOLET & ROSE BOOKISH EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lunch							
Prep							
Dessert							

Legumes

Herbs

Olive oil staples

Fish nights

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GROCERY LIST

- ◇ Sourdough
- ◇ Kimchi
- ◇ Kale
- ◇ Feta
- ◇ Tahini
- ◇ Pumpkin seeds
- ◇ Ginger
- ◇ Chicken thighs
- ◇ Almonds
- ◇ Olive oil
- ◇ Broccoli
- ◇ Garlic
- ◇ Tuna
- ◇ Cottage cheese
- ◇ Tomatoes
- ◇ Pears
- ◇ Turmeric
- ◇ Berries
- ◇ Beans
- ◇ Oats

Household

Produce

Bakery

Spices