

Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

HOT PEONY & MINT MATCHA EDITION PDF

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Prep							
Dinner							
Dessert							
Breakfast							

Legumes

Fish nights

Olive oil staples

Herbs



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Grocery list

- [ ] Brown rice
- [ ] Apples
- [ ] Avocado
- [ ] Lemons
- [ ] Blueberries
- [ ] Lentils
- [ ] Tahini
- [ ] Kale
- [ ] Zucchini
- [ ] Almonds
- [ ] Cucumber
- [ ] Beans
- [ ] Greek yoghurt
- [ ] Ginger
- [ ] Oats
- [ ] Salmon
- [ ] Chicken thighs
- [ ] Turmeric
- [ ] Kimchi
- [ ] Sardines

Produce

Pantry

Protein

Household