Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

INDIGO & ZINNIA MIDNIGHT EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Dessert							
Dinner							
Prep							

Herbs

Olive oil staples

Fish nights

Legumes

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GROCERY LIST

- [ ] Feta
- [ ] Ginger
- [ ] Cucumber
- [ ] Oats
- [ ] Garlic
- [ ] Eggs
- [ ] Beans
- [ ] Kale
- [ ] Chickpeas
- [ ] Almonds
- [ ] Brown rice
- [ ] Walnuts
- [ ] Tofu
- [ ] Cottage cheese
- [ ] Avocado
- [ ] Lemons
- [ ] Greek yoghurt
- [ ] Blueberries
- [ ] Zucchini
- [ ] Apples

Protein

Spices

Dairy

Frozen