Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

JUNGLE LEAF & ORCHID WELLNESS EDITION PDF



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lunch							
Snack							
Prep							

Olive oil staples

Herbs

Fish nights

Legumes

Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

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GROCERY LIST

- [ ] Spinach
- [ ] Tuna
- [ ] Apples
- [ ] Brown rice
- [ ] Berries
- [ ] Chickpeas
- [ ] Turmeric
- [ ] Pumpkin seeds
- [ ] Cucumber
- [ ] Ginger
- [ ] Herbs
- [ ] Lemons
- [ ] Salmon
- [ ] Zucchini
- [ ] Tomatoes
- [ ] Sourdough
- [ ] Tahini
- [ ] Broccoli
- [ ] Miso
- [ ] Kale

Dairy

Snacks

Household

Bakery