Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

MARIGOLD & BERRY HARVEST EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Lunch							
Dessert							
Snack							

Herbs

Legumes

Fish nights

Olive oil staples

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GROCERY LIST

- ◇ Apples
- ◇ Cucumber
- ◇ Lentils
- ◇ Greek yoghurt
- ◇ Tuna
- ◇ Salmon
- ◇ Sourdough
- ◇ Sardines
- ◇ Feta
- ◇ Tahini
- ◇ Beans
- ◇ Chickpeas
- ◇ Kimchi
- ◇ Oats
- ◇ Blueberries
- ◇ Pumpkin seeds
- ◇ Cottage cheese
- ◇ Pears
- ◇ Walnuts
- ◇ Spinach

Household

Spices

Pantry

Drinks