Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

ROYAL SAPPHIRE & CORAL LIBRARY EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Snack							
Prep							
Lunch							

Herbs

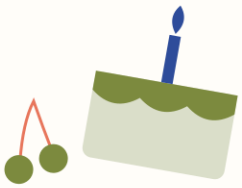
Olive oil staples

Legumes

Fish nights

Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

ROYAL SAPPHIRE & CORAL LIBRARY EDITION PDF



GROCERY LIST

- [ ] Lemons
- [ ] Avocado
- [ ] Tuna
- [ ] Sourdough
- [ ] Beans
- [ ] Kimchi
- [ ] Chickpeas
- [ ] Miso
- [ ] Quinoa
- [ ] Tahini
- [ ] Apples
- [ ] Blueberries
- [ ] Zucchini
- [ ] Berries
- [ ] Eggs
- [ ] Olive oil
- [ ] Tomatoes
- [ ] Spinach
- [ ] Almonds
- [ ] Sardines

Frozen

Dairy

Protein

Spices