

Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

TANGERINE & TEAL CITRUS EDITION PDF

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Snack							
Lunch							
Dessert							

Fish nights

Olive oil staples

Legumes

Herbs

Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

TANGERINE & TEAL CITRUS EDITION PDF



GROCERY LIST

- [ ] Greek yoghurt
- [ ] Brown rice
- [ ] Ginger
- [ ] Spinach
- [ ] Oats
- [ ] Feta
- [ ] Kimchi
- [ ] Quinoa
- [ ] Eggs
- [ ] Sardines
- [ ] Pumpkin seeds
- [ ] Chicken thighs
- [ ] Pears
- [ ] Cucumber
- [ ] Tahini
- [ ] Olive oil
- [ ] Sweet potato
- [ ] Beans
- [ ] Broccoli
- [ ] Lentils

Drinks

Protein

Spices

Produce