



FOR ALL THE
MAMAS

Mediterranean Meal Ideas & Grocery List

The Mediterranean style of eating has been well studied over the decades and has been shown to promote health and well being. Try these food options along with a general grocery list to get you started.



Week 1

SUNDAY

- B** Eggs, Beans, & Greens
- L** Beet & Goat Cheese Salad
- D** Sheet Pan Chicken & Cabbage Dinner

MONDAY

- B** Sweet and Salty Steel Cut Oats
- L** Lemony Shrimp & Avocado Salad
- D** Left overs from the night before

TUESDAY

- B** Pomegranate & Pistachio Cottage Cheese
- L** Lemony Shrimp & Avocado Salad
- D** Greek Inspired Turkey Patties

WEDNESDAY

- B** Sweet and Salty Steel Cut Oats
- L** Mediterranean Quinoa Bowl
- D** Left overs from the night before

THURSDAY

- B** Pomegranate & Pistachio Cottage Cheese
- L** Mediterranean Quinoa Bowl
- D** Spaghetti Squash & Scallops

FRIDAY

- B** Eggs, Beans, & Greens
- L** Avocado Chicken Salad
- D** Left overs from the night before

SATURDAY

- B** Greek Omelette
- L** Avocado Chicken Salad
- D** Zucchini Boats (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- Baby spinach
- Mixed salad greens
- Arugula or rocket
- Cucumbers
- Cooked beets
- Large carrots
- Red cabbage
- Yellow onions
- Red onion
- Bulb garlic
- Medium sweet potato
- Medium spaghetti squash
- Red bell pepper
- Green bell pepper
- Medium zucchini
- Medium red apples
- Lemons
- Small container raspberries
- Medium figs
- Cherry tomatoes
- Medium peach
- Avocados
- Bundle fresh parsley
- Bundle fresh basil
- Bundle fresh rosemary
- Small container pomegranate arils

MEAT, FISH, & DAIRY

- Eggs
- Ground turkey
- Organic canned chicken
- 95% lean ground beef
- Chicken breasts
- Medium shrimp, peeled and deveined
- Medium scallops
- Goat cheese
- 2% milk fat cottage cheese
- Feta cheese

GRAINS, BEANS, NUTS, & LEGUMES

- Raw almonds
- Dry roasted pistachios
- Small container sunflower seeds
- Small bag sliced almonds
- Small bag chopped walnuts
- Small bag quinoa
- Small bag rice
- Small container hemp hearts
- Small container steel cut oats

MISCELLANEOUS

- Small jar sun dried tomatoes in olive oil
- Salt
- Black pepper
- Dried oregano
- Dried rosemary
- Ground cinnamon
- Dried dill weed
- Dried thyme
- Jarred kalamata olives
- Bone broth
- Small container tzatziki sauce
- Small container pesto sauce (made with olive oil)
- Small can cannellini beans
- Small container hummus
- Avocado oil
- Olive oil

Week 2

SUNDAY

- B** Smoked Salmon & Avocado Toast
- L** Bean Salad
- D** Lamb Chops & Salad

MONDAY

- B** Apple Cinnamon Oatmeal
- L** Mujadara (save 1/2 for tomorrow)
- D** Left overs from the night before

TUESDAY

- B** Fig & Walnut Chia Seed Pudding
- L** Mujadara
- D** Grilled Chicken Kabobs

WEDNESDAY

- B** Apple Cinnamon Oatmeal
- L** Grab n' Go Lunch Mix
- D** Left overs from the night before

THURSDAY

- B** Fig & Walnut Chia Seed Pudding
- L** Grab n' Go Lunch Mix
- D** Hearty Quinoa and Veggie Bowl

FRIDAY

- B** Shakshuka
- L** Chicken Cauliflower Rice Bowl (save 1/2 for tomorrow)
- D** Left overs from the night before

SATURDAY

- B** Shakshuka
- L** Chicken Cauliflower Rice Bowl
- D** Caprese Shrimp Zucchini Noodles (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- Medium radish
- Mixed salad greens
- Arugula or rocket
- Red onions
- Yellow onions
- Parsley
- Sweet potatoes
- Garlic bulb
- Red bell peppers
- Green bell pepper
- Cucumbers
- Cups brussel sprouts
- Small container micro greens
- Spiralized zucchini
- Container of riced cauliflower
- Cherry tomatoes
- Avocados
- Lemons
- Red apples
- Medium figs
- Mixed berries
- Bundle fresh mint
- Kalamata olives
- Jarred green olives
- Small bundle fresh basil

MEAT, FISH, & DAIRY

- Eggs
- Chicken breasts, skinless and boneless
- Smoked salmon
- Shrimp, peeled and deveined
- Lamb chops
- Non-fat Greek yogurt
- Cottage cheese
- Feta cheese
- Mozzarella cheese

GRAINS, BEANS, NUTS, & LEGUMES

- Canned canellini beans
- Small container almond butter
- Small container chopped walnuts
- Small container pistachios
- Small bag rolled oats
- Small bag brown rice
- Small bag quinoa
- Sprouted grain bread
- Small bag brown lentils
- Small bag hemp hearts
- Dry roasted mixed nuts
- Small bag raw almonds
- Small bag sunflower seeds
- Small bag flaxseed
- small bag chia seeds
- Almond milk

MISCELLANEOUS

- Salt
- Black pepper
- Dried thyme
- Crushed red bell pepper
- Ground cumin
- Dried oregano
- Paprika
- Ground coriander
- Dried dill weed
- Honey
- Diced and fire roasted canned tomatoes.
- Red wine vinegar
- White wine vinegar
- Dijon mustard
- Small container tzatziki
- Olive oil
- Avocado oil

Week 3

SUNDAY

- B** Greek Yogurt Blueberry Pancakes (freeze 1/2 for Fri)
- L** Tuna Wrap
- D** Zucchini Boats

MONDAY

- B** Sweet and Salty Steel Cut Oats
- L** Beet & Goat Cheese Salad
- D** Left overs from the night before

TUESDAY

- B** Eggs, Beans, & Greens
- L** Beet & Goat Cheese Salad
- D** Greek Inspired Turkey Patties

WEDNESDAY

- B** Sweet and Salty Steel Cut Oats
- L** Mediterranean Quinoa Bowlx
- D** Left overs from the night before

THURSDAY

- B** Eggs, Beans, & Greens
- L** Mediterranean Quinoa Bowl
- D** Baked Chicken & Peppers

FRIDAY

- B** Greek Yogurt Blueberry Pancakes
- L** Avocado Chicken Salad
- D** Left overs from the night before

SATURDAY

- B** Greek Omelette
- L** Avocado Chicken Salad
- D** Garlic Butter Salmon & Broccoli (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- Arugula
- Mixed salad greens
- Baby spinach
- Red bell peppers
- Yellow bell pepper
- Cucumbers
- Medium zucchinis
- Yellow onions
- Red onion
- Bulbs garlic
- Large bundle parsley
- Sweet potato
- Green pepper
- Carrots
- Head broccoli
- Ripe banana
- Blueberries
- Raspberries
- Medium figs
- Lemons
- Red apples
- Avocados
- Cherry tomatoes
- Jarred sun-dried tomatoes in olive oil
- Jarred cooked beets
- Jarred kalamata olives
- Small bundle fresh basil

MEAT, FISH, & DAIRY

- Eggs
- Ground turkey
- Chicken breasts, skinless and boneless
- Canned organic chicken
- 95% lean ground beef
- Small jar ghee
- Canned wild caught tuna
- Wild caught salmon
- Nonfat plain Greek yogurt
- Milk of choice
- Goat cheese

GRAINS, BEANS, NUTS, & LEGUMES

- Small container hummus
- Small container tzatziki
- Canned canellini beans
- Small bag quinoa
- Small bag brown rice
- Small bag steel cut oats
- Small bag hemp hearts
- Small bag sliced almonds
- Small bag almond flour
- Small container sunflower seeds
- Raw almonds
- Ezekiel bread

MISCELLANEOUS

- Salt
- Black pepper
- Dried dill
- Dried oregano
- Dried thyme
- Ground cinnamon
- Dried basil
- Balsamic vinegar
- Vanilla extract
- Baking soda
- Baking powder
- Avocado oil
- Olive oil
- Mayonnaise (made with avocado oil)

Week 4

SUNDAY

- B** Shakshuka (make 1/2 recipe)
- L** Chicken Cauliflower Rice Bowl (make 1/2 recipe)
- D** Grilled Chicken Kabobs

MONDAY

- B** Greek Yogurt Blueberry Pancakes (freeze half or Wed)
- L** Grab n' Go Lunch Mix
- D** Left overs from the night before

TUESDAY

- B** Strawberry and Pomegranate Yogurt
- L** Grab n' Go Lunch Mix
- D** Caprese Shrimp Zucchini Noodle

WEDNESDAY

- B** Greek Yogurt Blueberry Pancakes
- L** Bean Salad
- D** Left overs from the night before

THURSDAY

- B** Strawberry and Pomegranate Yogurt
- L** Bean Salad
- D** Baked Chicken & Peppers

FRIDAY

- B** Fig & Walnut Chia Seed Pudding
- L** Smoked Salmon Salad
- D** Left overs from the night before

SATURDAY

- B** Greek Omelette
- L** Smoked Salmon Salad
- D** Hearty Quinoa and Veggie Bowl (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- Mixed salad greens
- Sprouts
- Arugula
- Yellow onions
- Red bell peppers
- Green bell pepper
- Yellow bell pepper
- Bulb garlic
- Container cauliflower rice
- Medium red onion
- Cherry tomatoes
- Cucumbers
- Carrots
- Stalks green onion
- Spiralized zucchini
- Brussels sprouts
- Sweet potato
- Lemons
- Banana
- Blueberries
- Mixed berries
- Strawberries
- Pomegranate arils
- Kiwis
- Figs
- Pears
- Red apple
- Avocado
- Bundle fresh basil
- Bundle parsley
- Jarred green olives
- Jarred kalamata olives

MEAT, FISH, & DAIRY

- Eggs
- Chicken breasts, skinless and boneless
- Shrimp, peeled and deveined
- Smoked salmon
- Feta cheese
- Non-fat Greek yogurt
- Milk of choice
- 2% milk fat cottage cheese
- Mozzarella
- Goat cheese

GRAINS, BEANS, NUTS, & LEGUMES

- Canned canellini beans
- Small container sesame seeds
- Pistachios
- Sprouted grain bread
- Small bag brown rice
- Small bag quinoa
- Small bag paleo granola
- Small bag hemp hearts
- Almond flour
- Dry roasted mixed nuts
- Small bag sunflower seeds
- Small bag chia seeds
- Almond milk
- Raw almonds
- Chopped walnuts

MISCELLANEOUS

- Salt
- Black pepper
- Ground cumin
- Paprika
- Ground coriander
- Dried dill weed
- Dried oregano
- Dried thyme
- Dried basil
- Avocado oil
- Olive oil
- Honey
- 1 1/4 cup (300 g) canned diced and fire roasted tomatoes
- Red wine vinegar
- Balsamic vinegar
- Dijon mustard
- Vanilla extract
- Baking soda
- Baking powder
- Small container tzatziki