Mediterranean Diet Menu Planning Template

Weekly Meal Planner

| Day | Breakfast | Lunch | Dinner | Snacks |
|-----------|-----------|-------|--------|--------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

Shopping List

| Fruits | Vegetables | Whole Grains | Protein | Dairy | Other | |
|--------|------------|--------------|---------|-------|-------|--|
| | | | | | | |

| Notes | | | |
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