

# What to Eat on the Mediterranean Diet!



Whole Grains, Legumes,  
Fruit, Vegetables, Healthy  
Fats, Herbs & Spices  
Enjoy Daily



Fish, Seafood & Omega-3  
Rich Food  
Enjoy 2-3x/week



Poultry, Eggs & Dairy  
Enjoy 1-2x/week



Red Meats & Sweets  
Enjoy Sparingly



Physical Activity,  
Meal & Family Time  
Practice Daily



# Mediterranean Diet Food Guide

**Eric Zacharias**



**Mediterranean Diet Food Guide:**

Delve into the emotional tapestry woven by Crafted by in **Mediterranean Diet Food Guide** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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