

— FREE QUICK-START • EATING PATTERNS

The Mediterranean *Fridge* Sheet

The plate, a fridge sheet that answers "can I eat this?", and a starter week of dinners with a counter.



1

FRIDGE SHEET

1

PLATE

7

STARTER DINNERS

3

WEEKLY COUNTS

TOLD TO EAT MEDITERRANEAN? START HERE

The Mediterranean *Fridge Sheet*

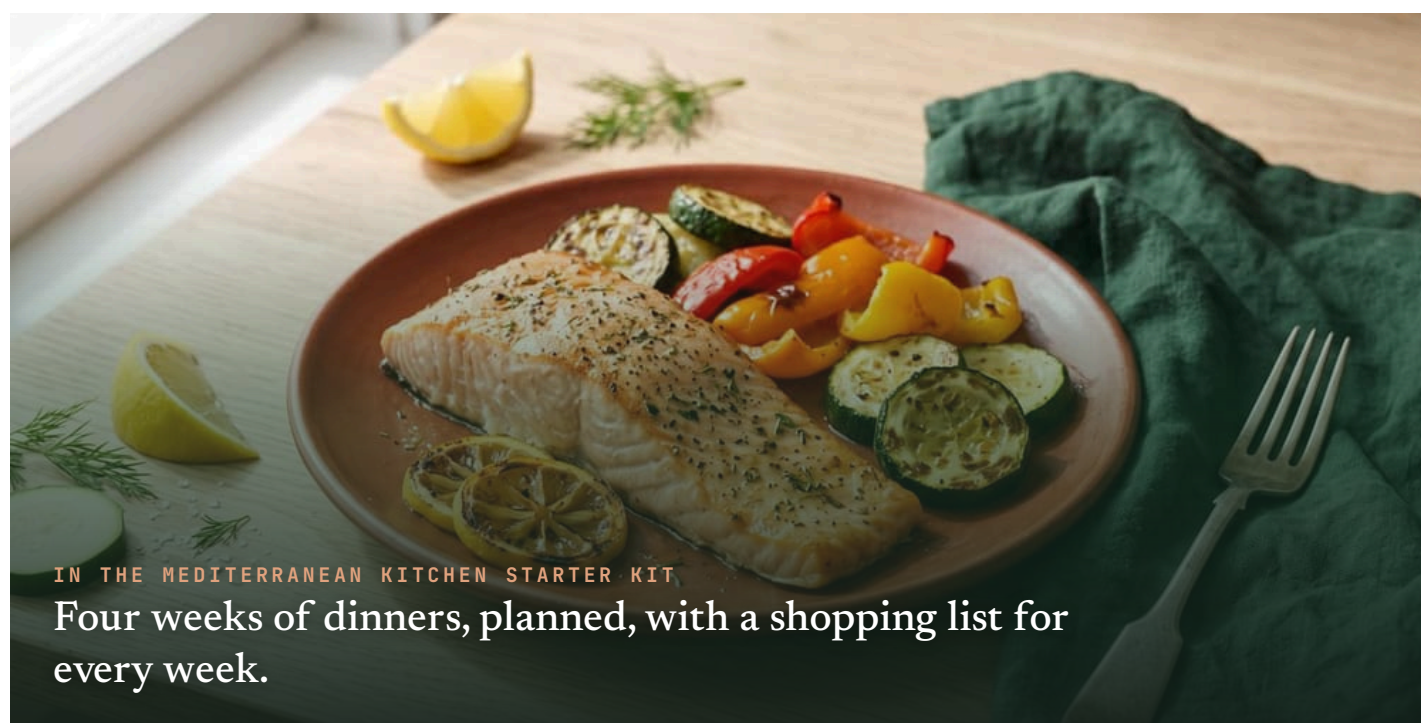
One sheet for the fridge that answers "can I eat this?" in two seconds, the plate that makes every meal Mediterranean, and a first week of dinners with a counter that ticks off fish, beans and vegetables.

1 FRIDGE SHEET to print and stick up	1 PLATE for every meal	7 DAYS a starter week	3 COUNTS fish, beans, vegetables
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How to use this sheet

THIS WEEK

STEP 1 Print the fridge sheet Page 3. Stick it where you decide what to cook.	STEP 2 Build one plate Half vegetables, a quarter grains or beans, a quarter fish, poultry or beans.	STEP 3 Cook the starter week Five easy dinners and two leftover nights.	STEP 4 Tick the counter Fish twice, beans twice, vegetables every day.
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IN THE MEDITERRANEAN KITCHEN STARTER KIT

Four weeks of dinners, planned, with a shopping list for every week.

One Plate, and How Often



There is no single Mediterranean diet. It is a way of eating built on plants, with olive oil as the main fat, fish and beans often, and red meat and sweets now and then.





PRINT FOR THE FRIDGE

Can I Eat This?

FRIDGE SHEET

EVERY DAY

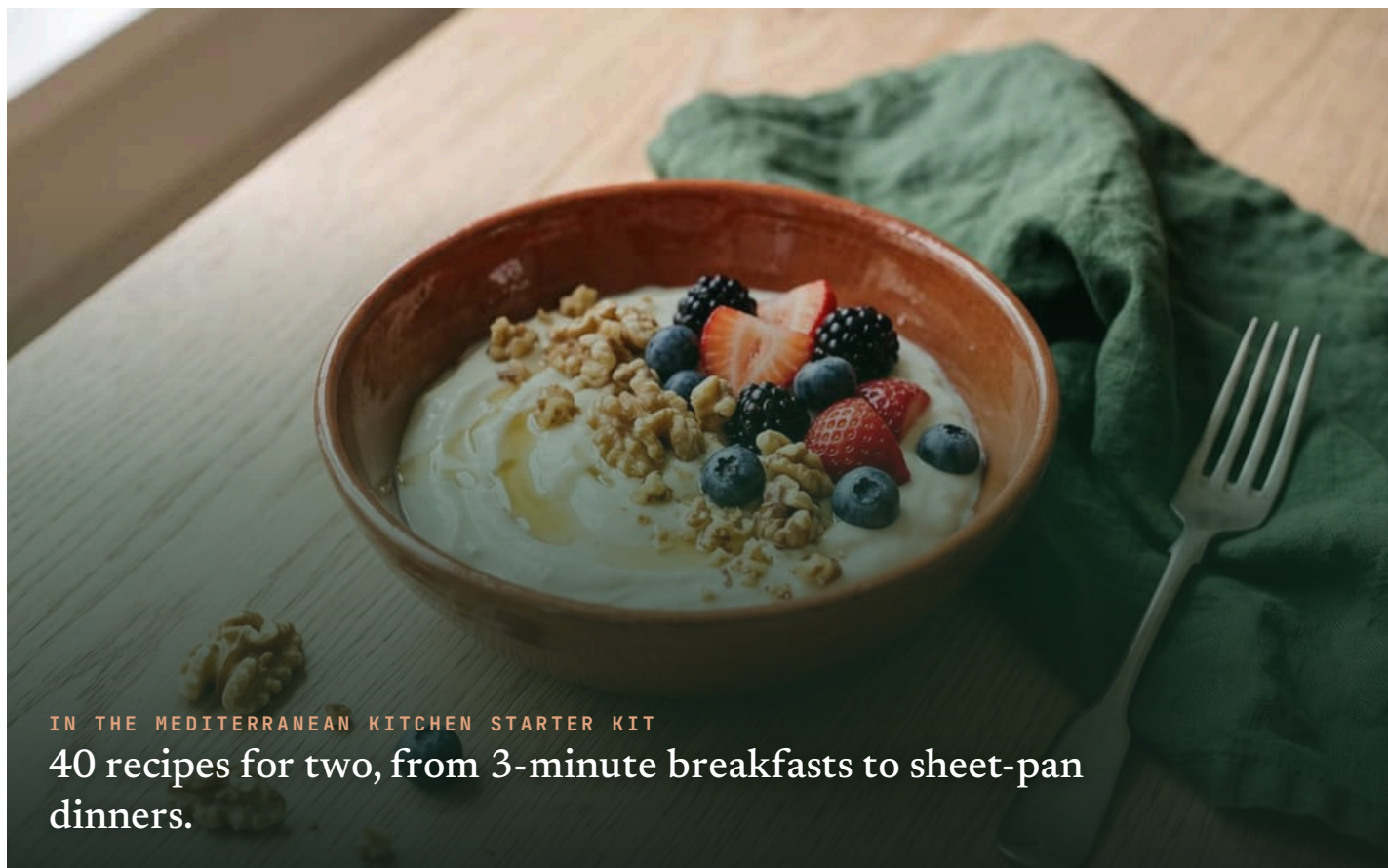
- Vegetables, any color, raw or cooked
- Fruit, fresh or frozen
- Whole grains: oats, bulgur, farro, brown rice, whole-wheat bread
- Extra-virgin olive oil to cook with
- Herbs, spices, garlic and lemon
- Water

A FEW TIMES A WEEK

- Fish and seafood (2–3 times)
- Beans, lentils and chickpeas
- Chicken and turkey
- A handful of nuts or seeds
- Eggs
- Yogurt and cheese, moderate portions

NOW AND THEN

- Red meat
- Bacon, ham, salami
- Sweets and pastries
- Sugary drinks
- Chips and other highly processed snacks



IN THE MEDITERRANEAN KITCHEN STARTER KIT

40 recipes for two, from 3-minute breakfasts to sheet-pan dinners.

Seven Days of Dinners

COUNTS ITSELF

DAY	DINNER	COUNTS AS	DONE	VEGETABLES AT LUNCH AND DINNER
Mon	Lentil and vegetable soup	Beans	☐	☐
Tue	Sheet-pan salmon with zucchini and peppers	Fish	☐	☐
Wed	Leftover soup with whole-wheat bread	Leftovers	☐	☐
Thu	Chickpea and spinach stew over brown rice	Beans	☐	☐
Fri	Shrimp with whole-wheat pasta, tomatoes and spinach	Fish	☐	☐
Sat	Chicken souvlaki bowls with farro and tzatziki	Poultry	☐	☐
Sun	Leftovers, or a big Greek salad with chickpeas	Leftovers	☐	☐

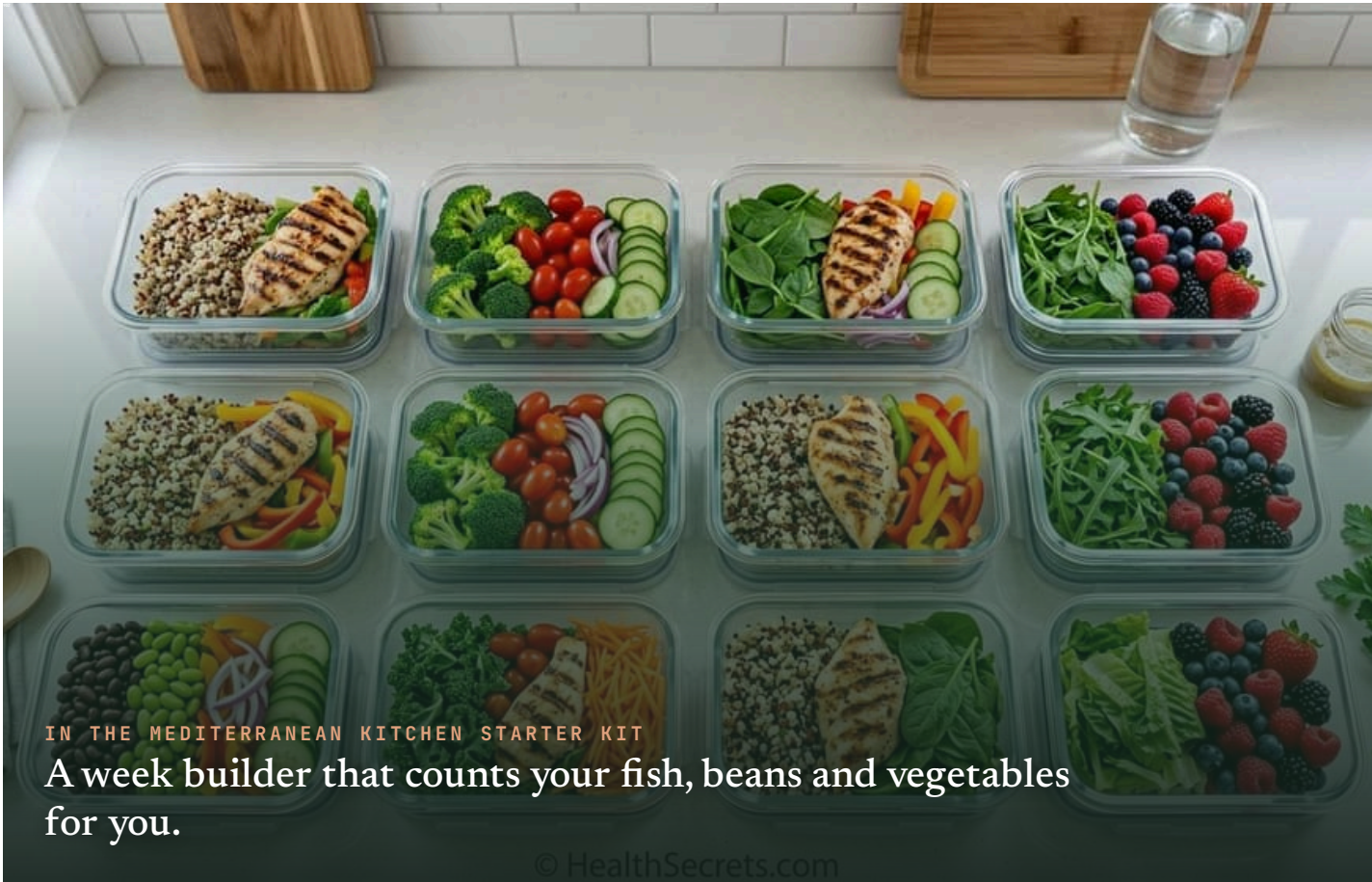
YOUR WEEK

Fish dinners (target 2)

Bean dinners (target 2)

Vegetable days (target 6)

The full recipes, with the numbers per serving and a shopping list for this week, are in the Mediterranean Kitchen Starter Kit.



From One Sheet to Four Weeks

This sheet gets you started. **The Mediterranean Kitchen Starter Kit** plans your first month: three fridge sheets, 122 foods with the numbers worked out, four weeks of dinners with shopping lists, and 40 recipes for two.

Three full fridge sheets
every day, a few times a week, and now and then, with an everyday swap for each.

122 foods, worked out
calories, protein, fiber, saturated fat and sodium per US serving, from USDA FoodData Central.

Four weeks of dinners
with a shopping list for each week, sorted by aisle, that you tick as you shop.

40 recipes for two
breakfasts, lunches, dinners and snacks, each with its numbers per serving.

THIS FREE SHEET

- ✓ One fridge sheet
- ✓ The Mediterranean plate
- ✓ A starter week of dinners
- ✓ A weekly counter

THE KIT ADDS

- ✓ Three fridge sheets with swaps
- ✓ The full food list with numbers
- ✓ Four weeks with shopping lists
- ✓ 40 recipes, week builder, budget and eating-out pages

FILLABLE PDF E-BOOK
Fill it in on screen or print it; it counts as you tick. A free online edition comes with it.

FACT-CHECKED
Against the American Heart Association, Mayo Clinic, FDA and USDA data.

ONE-TIME PAYMENT
One payment, no subscription, instant download after checkout.

SEE THE MEDITERRANEAN KIT →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

American Heart Association. What is the Mediterranean Diet? (2024)	What the pattern includes and limits
Mayo Clinic. Mediterranean diet for heart health (2026)	Every day, a few times a week, and limit
FDA and EPA. Advice about Eating Fish (2021)	Fish 2–3 times a week, lower-mercury choices

HealthSecrets THE MEDITERRANEAN FRIDGE SHEET

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YOUR FIRST WEEK

Plants first. *Olive oil always.*

01 • PRINT

The fridge sheet goes on the fridge.

02 • COOK

The starter week, five dinners.

03 • GO FURTHER

The kit plans four weeks with shopping lists.

Keep reading on healthsecrets.com

FREE • FACT-CHECKED GUIDES

START HERE

Anti-Inflammatory Diet: Complete Food List & Beginner

Complete evidence-based guide to the anti-inflammatory diet. Discover the top anti-inflammatory foods, foods to avoid...
healthsecrets.com/inflammation/anti-inflammatory-diet-guide →

EATING PATTERNS

Blue Zones: Lessons from the World's Longest-Lived People

Discover the secrets of Blue Zones — 5 regions where people live past 100. Learn the Power 9 principles and how to apply...
healthsecrets.com/longevity/blue-zones-longevity-lessons →

FREE QUIZ

Heart Health IQ: Protect Your #1 Organ

Heart disease is the #1 killer worldwide. How much do you actually know about protecting yours?
healthsecrets.com/quizzes/heart-health-iq-quiz →

FOOD

Polyphenols for Gut Health: Complete Guide

Discover how polyphenols support gut health as powerful prebiotics. Learn the best food sources, supplements, and...
healthsecrets.com/gut-health/polyphenols-gut-health →

FOOD

22 Best Prebiotic Foods for Gut Health: Complete Guide

Discover the top 22 prebiotic foods that feed your beneficial gut bacteria.
healthsecrets.com/gut-health/prebiotic-foods-guide →

FOOD

30 Anti-Aging Foods That Slow Aging (Science-Backed)

Discover the 30 best anti-aging foods backed by science to slow aging, from berries and salmon to olive oil and turmeric.
healthsecrets.com/longevity/anti-aging-foods →

FREE TOOL

Macro Calculator

Macronutrients — protein, carbohydrates, and fats — are the three categories of nutrients that provide calories and serve...
healthsecrets.com/tools/macro-calculator →

FREE QUIZ

Nutrition Fundamentals: Beyond the Basics

Think you know nutrition? Test your knowledge of macronutrients, micronutrients, and metabolic science.
healthsecrets.com/quizzes/nutrition-fundamentals-quiz →

Health Secrets publishes food-first, fact-checked guides and practical planners. Every guide above is free to read at healthsecrets.com.



[See the Mediterranean Kitchen Starter Kit →](#)

[Read: the anti-inflammatory diet food list →](#)

[Take the Heart Health IQ quiz →](#)

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