



Dr. Olivia Greenspan ND

# MEDITERRANEAN HABIT SAMPLE TRACKER

WEEK OF: \_\_\_\_\_

FOOD	S	M	T	W	T	F	S
Fish - salmon, herring, mackerel, trout	✓						
Cold-pressed extra virgin olive oil							
Berries							
Green Vegetables							
Nuts - walnuts, almonds, pecans							
Fibre - 30 g/day							
EXERCISE							
HYDRATION (1/2 BODY WEIGHT IN OZ)							