Mediterranean Diet Resources

For more information on implementing the Mediterranean diet check out these websites. Whether you are looking for more information, recipes, grocery lists, menu plans, cookbooks and/or tips these will help get you started.

Oldways Cultural Food Traditions:
https://oldwayspt.org/traditional-diets/mediterranean-diet

Olive Tomato: Elena Paravantes, RD:
https://www.olivetomato.com/med-diet-101/

Mediterranean Living: Bill Bradley, RD
https://www.mediterraneanliving.com/mediterranean-diet-recipes/

Fully Mediterranean: Pam Fullenweider, RD
https://fullymediterranean.com/recipes/

The Domestic Dietitian: Creating a Mediterranean Diet at Home: Brynn McDowell, RD
https://thedomesticdietitian.com/mediterranean-diet-meal-plans/

The Mediterranean Dish: Suzy Karadsheh, Food blogger
https://www.themediterraneandish.com/mediterranean-diet-2/

Cardiac College: Healthy e University: University Health Network
https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/

Heart & Stroke Canada
https://www.heartandstroke.ca/search-results-page?q=Mediterranean%20diet