

Start Here - Read First

Thank you for cooking with The Gentle Mediterranean Kitchen.

These bonus pages are designed to help you plan meals, organize grocery trips, and keep simple notes while using the cookbook.

How to use these pages

1. Download the files you want. 2. Print only the pages that help you. 3. Keep them in a folder, binder, or kitchen drawer. 4. Repeat the pages whenever you need them.

A gentle reminder

You do not have to follow every page perfectly. Use what makes your cooking easier and skip what does not fit your home.

Printing tip

For best results, download the PDF first, then print from your computer, tablet, or phone. Black-and-white printing is fine.