

Mediterranean Diet Shopping List

Vegetables

The Mediterranean lifestyle focuses on the use of seasonal fresh vegetables. Frozen and canned veggies that are low-sodium are also okay to consume.

Must-have

- Garlic
- Onions/Spring Onions
- Leafy Greens
- Tomato (fresh, canned, sauce...)

Other

- Asparagus
- Artichokes
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Eggplant
- Green Beans
- Mushrooms
- Olives
- Peas
- Squash (including zucchini)
- _____
- _____

Nuts and Seeds

Nuts and seeds are used in cooking and also as snacks. They are a good source protein, fiber, and healthy fats.

- Walnuts
- Almonds
- Cashews
- Flax
- Peanuts
- Pine Nuts
- Pumpkin Seeds (Pepitas)
- Sunflower Seeds
- _____
- _____

Healthy Oils/Fats

Quality extra virgin olive oil is the main fat used in our Mediterranean cooking. We use Greek extra virgin olive oils from organically grown and processed Koroneiki olives.

- Extra virgin olive oil (we use Private Reserve and Early Harvest olive oils. Visit our shop on TheMediterraneanDish.com)
- Avocado Oil
- Grape Seed Oil
- Ghee (clarified butter, not very often)
- _____
- _____

Dairy and Eggs

In the Mediterranean lifestyle, dairy, including a variety of cheeses, are enjoyed in moderation. Choose traditional "real" cheese and avoid highly processed cheeses.

- Yogurt (Greek yogurt preferred)
- Cheeses such as feta, ricotta and fresh mozzarella, burrata, Parmesan
- Eggs, preferably organic, free range
- _____
- _____
- _____

Fruits

Fruits are a good source of energy and helpful to weight control. Include fresh fruit, dried fruit, and frozen without added sugars.

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Dates
- Figs
- Grapes
- Lemons (used regularly)
- Melon
- Oranges
- Peaches
- Plums
- Pomegranates
- _____
- _____
- _____

Beans and Legumes

Beans are used regularly in eating the Mediterranean way. They are budget-friendly, and a good source of fiber and protein. When using canned beans and legumes, opt for low-sodium. And be sure to rinse and drain before using.

- Black Beans
- Chickpeas (Garbanzo)
- Hummus
- Kidney Beans
- Lentils
- Pinto Beans
- White Beans (Cannellini)
- _____
- _____

Herbs and Spices

Perhaps the most exciting part about eating the Mediterranean way is the generous use of fresh herbs and quality spices, which add bold and exciting flavor without the use of too much salt nor adding extra fat.

- Basil
- Bay Leaves
- Cilantro
- Mint
- Parsley
- Oregano

Spices such as Aleppo pepper, Allspice, cumin, coriander, harissa, paprika, sumac, turmeric, za'atar and more. Visit our shop for all natural and organic Mediterranean spices on TheMediterraneanDish.com

Grains and Such

Among other benefits, grains are a good source of fiber, vitamin Bs, and minerals. As much as possible, use wholegrain products, which are said to help with weight management and reduce the risk of heart disease.

- Barley
- Bulgur
- Freekah
- Couscous
- Oatmeal
- Pasta
- Polenta
- Quinoa
- Rice
- Breads (we use whole grain, or pita)
- _____

Seafood

Fish is a good source of lean protein. Oily fish like wild salmon provide a great deal of Omega 3s. Eating the Mediterranean way allows you to incorporate fish and seafood at least twice a week (consult your physician). As much as possible, choose wild fish. Frozen fish is fine to use.

- Small fatty fish, such as sardines
- White fish such as cod
- Wild salmon
- Shell fish such as crab, shrimp, and lobster
- Tuna (including quality low sodium canned tuna)
- _____
- _____