

Mediterranean Diet Grocery List

Grains	
Choose mostly whole grain choices. The first ingredient. Ex: "whole wheat."	
☐ Pasta	
☐ Bread	<u> </u>
Rice	<u> </u>
☐ Polenta	
☐ Cereals	
☐ Oatmeal	·
Crackers	
Couscous	
Bulgar	
☐ Pita	<u> </u>
Barley	
Seafood	
Salmon and other oily fish contain hea	Ithy Omega-3s. White fish is a great
lean protein.	
☐ Salmon	
☐ Shrimp	<u> </u>
☐ Cod	
☐ Scallops	
☐ Clams	
☐ Tilapia	
☐ Tuna	
☐ Crab	
	<u> </u>
Healthy Oils/Fats	
Store oils in a cool, dark place to make	e them last longer.
☐ Olive (Extra-Virgin)	
☐ Avocado	
☐ Canola	Ц
☐ Grape seed	
Horbo and Chicae	
Herbs and Spices	to add the second has been deliced for the
Fresh herbs and spices are a great was salt.	ay to add flavor without adding fat or
Garlic	
☐ Basil	
Cilantro	
Parsley	Ξ
Mint	L
Cumin	<u> </u>
Coriander	Ц
☐ Oregano	
Beans	
Beans are great way to add fiber and p	protein to meal. Eat them in place of
red meat at least once a week.	
☐ Chickpeas (Garbanzo)	
☐ Hummus	
☐ White (Cannellini)	
Black	
Pinto	
☐ Lentil	
Ц	
Dairy/Eggs	
☐ Low-fat milk	
☐ Yogurt	
Cheese	
Eggs	Π
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has the transport of the control of	
Nuts and Seeds	
Both are a great source of prote	ein, fiber, and healthy fats. Stick to a
handful a day because they are	
☐ Walnuts	287
Almonds	
☐ Peanuts	Ц
☐ Pine nuts	
☐ Cashews	
Sunflower seeds	
Flax	
	<u> </u>
Fruits	
	eight control and good health. Frozen
fruit and canned varieties withou	ut added sugars are also good choices.
☐ Apples	
☐ Bananas	
Grapes	L
☐ Oranges	
☐ Cherries	
☐ Blueberries	1 <u>2</u> 30
Kiwis	
Strawberries	П
☐ Pomegranate	<u> </u>
☐ Plums	
Peaches	
Avocados	
Avocados	
Vegetables	
Tomatoes (fresh, canned, a Broccoli Spinach Carrots Red / Green Peppers Mushrooms Green beans Eggplant Zucchini Squash Olives	and sauce)
Onions Peas	
Peas Miscellaneous Include other pantry essentials a	and home goods like cleaning supplies
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