

Mediterranean Diet Grocery List

Vegetables

Garlic
Onions
Leafy Greens
Tomatoes
Asparagus
Artichokes
Beets
Bell Peppers
Broccoli
Cabbage
Carrots
Eggplant/Aubergine
Green Beans
Mushrooms
Olives
Peas
Squash

Herbs & Spices

Basil
Bay Leaves
Cilantro/Coriander
Mint
Parsley
Oregano

Seafood

Small fatty fish (Sardines)
White Fish (Cod)
Wild Salmon
Shell Fish (Crab, Shrimp,
Lobster)
Tuna

Dairy & Eggs

Greek Yogurt
Cheese - Feta, Ricotta,
Mozzarella, Burrata,
Parmesan
Eggs - Organic FR

Fruits

Apples
Apricots
Avocadoes
Bananas
Berries
Cherries
Dates
Figs
Grapes
Lemons
Melon
Oranges
Peaches
Plums
Pomegranates

Grains

Barley
Bulgar
Freekeh
Couscous
Oatmeal
Pasta
Polenta
Quinoa
Rice
Breads (Sourdough, pita)

Oils & Fats

Extra Virgin Olive Oil
Avocado Oil
Ghee
Coconut Oil

Nuts & Seeds

Walnuts
Almonds
Cashews
Flax
Peanuts
Pine Nuts
Pumpkin Seeds
Sunflower Seeds

Beans & Legumes

Black Beans
Chickpeas
Hummus
Kidney Beans
Lentils
Pinto Beans
White Beans/Cannellini

Meat

Poultry (Chicken, Turkey)
Lamb
Beef
Pork

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