



# THE COMPLETE MEDITERRANEAN DIET FOOD SHOPPING LIST

## VEGETABLES

The key here is to be seasonal and as local as possible. No need to buy imported artichokes. See below for some typical vegetables used.

- Tomatoes
- Peppers
- Onions
- Eggplant
- Cucumbers
- Green beans
- Okra
- Zucchini
- Garlic
- Peas
- Potatoes
- Mushrooms
- Cauliflower
- Broccoli
- Carrots
- Celery leaves
- Beets
- Spinach
- Cabbage
- Romaine Lettuce
- Frozen (spinach, peas, green beans)

## FRUIT

Citrus fruit is one of the main sources of antioxidants in the Mediterranean diet.

- Oranges
- Tangerines
- Lemons
- Apples
- Pears
- Cherries
- Watermelon
- Cantaloupe
- Peaches
- Pears
- Figs
- Apricots

## DAIRY

In the traditional Mediterranean diet, the dairy products are full-fat

- Strained (Greek) Yogurt
- Sheep's milk yogurt
- Feta cheese
- Fresh cheese such as ricotta
- Parmesan
- Fresh Mozzarella
- Graviera
- Mitzithra

## MEAT & POULTRY

Red meat is consumed in small amounts usually once a week and poultry once a week.

- Chicken (whole, legs etc.)
- Ground Beef
- Veal
- Pork

## FISH & SEAFOOD

Mainly small fatty fish is consumed, in many cases it is cured (you can also use canned).

- Anchovies (fresh or canned)
- Sardines (fresh or canned)
- Cod
- Shrimp
- Octopus
- Calamari

## GRAINS & BREADS

- Bread (preferable whole grains)
- Paximadi (Barley Rusks)
- Whole grain breadsticks
- Pita bread
- Phyllo
- Pasta
- Rice
- Egg pasta
- Bulgur
- Couscous

## FATS & NUTS

- Extra Virgin Olive Oil
- Tahini
- Almonds
- Walnuts
- Pine Nuts
- Pistachios
- Sesame seeds

## BEANS

- Lentils
- White beans
- Chickpeas
- Yellow Split Pea (fava)

## PANTRY ITEMS

- Canned tomatoes
- Tomato Paste
- Olives
- Sundried Tomatoes
- Capers
- Balsamic/red wine vinegar
- Honey
- Wine

## HERBS & SPICES

- Oregano
- Parsley
- Dill
- Mint
- Basil
- Cumin
- All Spice
- Cinnamon
- Pepper/sea salt
- Herbal teas (chamomile, mountain tea, sage, thyme)

## GREENS

An important part of the diet is the consumption of greens.

- Chicory
- Dandelion
- Beet Greens
- Amaranth