

Mediterranean Diet Grocery List

<i>Vegetables</i>	<i>Whole Grains</i>
Spinach Kale Romaine lettuce Tomatoes Cucumbers Bell peppers Zucchini Eggplant Broccoli Cauliflower Onions Garlic Carrots	Quinoa Brown rice Barley Oats Whole-wheat bread Whole-wheat pasta
<i>Fruits</i>	<i>Legumes</i>
Lemons Oranges Grapes Apples Berries (strawberries, blueberries, raspberries) Avocados Figs Pomegranates	Chickpeas Lentils Black beans Kidney beans
<i>Nuts & Seeds</i>	<i>Dairy</i>
Almonds Walnuts Pine nuts Chia seeds Flaxseeds	Greek yogurt Feta cheese Ricotta cheese
<i>Protein</i>	<i>Herbs & Spices</i>
Chicken breast Salmon Tuna Sardines Shrimp Eggs	Oregano Basil Parsley Rosemary Thyme Paprika
<i>Healthy Fats & Extras</i>	
Extra virgin olive oil Olives Whole-grain crackers Hummus Dark chocolate (70% cocoa or higher)	