

Mediterranean Diet Shopping List

Meat & Fish

Chicken

Turkey

Oily Fish

- Tuna
- Salmon
- Mackerel
- Haddock

Shellfish

- Shrimp/Prawns
- Mussels

Dairy & Eggs

Low-fat Milk

Low-fat Yogurt

Eggs

Cheese

Olive Oil-Infused

Margarine

Oil

Extra Virgin Olive Oil

Condiments

Hummus

Tahini

Balsamic Vinegar

Drinks

Red Wine

Bread & Grains

Wholegrain Bread

Wholegrain Pasta

Legumes

- White Beans
- Black Beans
- Chickpeas
- Red Kidney Beans

Brown Rice

Buckwheat

Nuts

Seeds

Produce

Onions

Garlic

Tomatoes

Aubergine/Eggplants

Courgettes/Zucchini

Mushrooms

Apples

Oranges

Pears

Bananas

Grapes

Others

Fitness Tracker Watch or

App