

MEDITERRANEAN DIET SHOPPING LIST

DIARY

- ☐ Feta Cheese
- ☐ Greek Yogurt
- ☐ Eggs (Free-Range or Organic)
- ☐ Milk (Skimmed or Semi-Skimmed)

GRAINS

- ☐ Brown / Wholemeal Bread
- ☐ Whole Wheat Couscous
- ☐ Bulgar Wheat
- ☐ Oats
- ☐ Quinoa
- ☐ Whole Wheat Pasta

HERBS & SPICES

- ☐ Cumin Seeds
- ☐ Crushed Chilli
- ☐ Paprika
- ☐ Dried Parsley
- ☐ Ground Coriander
- ☐ Ground Turmeric
- ☐ Ground Cinnamon
- ☐ Mint
- ☐ Dried Oregano
- ☐ Ras El Hanout
- ☐ Basil
- ☐ Black Pepper

MEAT, FISH & NUTS

- ☐ Fatty Fish (Tuna / Cod / Mackerel / Salmon / Sardines)
- ☐ Poultry (Chicken / Turkey)
- ☐ Red Meat (Low Fat: Beef / Lamb / Pork)
- ☐ Nuts (Unsalted: Almonds / Walnuts)

LEGUMES

- ☐ Dried Lentils
- ☐ Cannellini Beans
- ☐ Chickpeas

FATS, OILS & BEVERAGES

- ☐ Extra Virgin Olive Oil
- ☐ Red Wine Vinegar
- ☐ Vegetable Stock Cubes

FRUIT & VEGETABLES

- ☐ Apples
- ☐ Bananas
- ☐ Onions
- ☐ Garlic
- ☐ Lemons
- ☐ Blueberries
- ☐ Rocket Leaves
- ☐ Potatoes (New / Sweet)
- ☐ Spinach
- ☐ Tomatoes (Cherry / Sundried)
- ☐ Green Beans
- ☐ Avocados
- ☐ Aubergines
- ☐ Peppers
- ☐ Pitted Black Olives
- ☐ Dried Fruit (Raisins / Sultanas)
- ☐ Tinned Tomatoes
- ☐ Courgettes
- ☐ Cucumbers
- ☐ Carrots
- ☐ Mushrooms
- ☐ Broccoli