



MEDITERRANEAN DIET SHOPPING LIST

CANNED

- Mushrooms
- Tomatoes
- Corn
- Beans -White -Pinto
-Kidney -Green
-Black -Navy
-Red

SEAFOOD & MEAT

- Chicken Thighs
- Lean Ground Beef
- Bone In Pork Chop
- Eye of Round/Hanger Steak
- Salmon, Tuna, Chicken

FROZEN

- Broccoli
- Peas
- Spinach
- Carrots
- Onions
- Peppers
- Squash
- Zucchini
- Kale
- Collard Greens

PASTA & GRAINS & STARCHES

- Potatoes
- Whole Wheat Pasta
- Whole Wheat Tortillas

DRIED

- Lentils
- Barley
- Oatmeal
- Brown Rice

DAIRY & CHEESE

- 2% Milk
- Eggs
- Greek Yogurt
- Cheeses

NUTS & OILS

- Extra Virgin Olive Oil
- Canola Oil (for Cooking)
- Nuts
 - Almonds -Brazil
 - Walnuts -Pistachio
 - Hazelnut

SPICES

- Italian Spice Mix
- Chili Powder
- Cumin
- Garlic