



Mediterranean Diet Food List

Katey Lyon

healthyeasyrecipes.com





Mediterranean Diet Food List

Fruits & Veggies

- Apple
- Banana
- Citrus fruits (orange, lemon, lime, grapefruit, etc.)
- All berries (strawberry, blueberry, raspberry, etc.)
- Apricots
- Avocado
- Figs
- Grapes
- Cherries
- Melons
- Peaches
- Pears
- Pomegranate
- Potatoes (Any variety: sweet, red-skinned, etc.)
- Onions (Any variety)
- Olives (Any variety: Kalamata, Mediterranean blend, etc.)
- Leafy greens (kale, spinach, etc.)
- Carrot
- Zucchini
- Eggplant
- Bell peppers
- Tomatoes
- Peas
- Green beans
- Corn
- Beets
- Mushrooms

MEAT, POULTRY, FISH, SEAFOOD, AND EGGS

- Salmon
- Tuna
- Cod
- Sardines
- Trout
- Clams
- Shrimp
- Crab
- Mussels
- Lobster
- Chicken
- Turkey
- Cornish hens

Dairy and Cheese

- Brie
- Chevre
- Corvo
- Feta
- Haloumi
- Manchego
- Parmigiano-Reggiano
- Pecorino
- Low fat milk
- Ricotta cheese
- Cottage cheese
- Yogurt (regular or Greek)
- Mozzarella
- Blue cheese
- Swiss cheese

BREADS, GRAINS, AND OTHER STARCHES

- 100% whole grain bread, bread crumbs, and crackers
- Quinoa
- Barley
- Oats
- Grits
- Popcorn
- Brown or white rice
- Couscous
- Bulgur wheat
- Whole wheat
- Orzo
- Buckwheat
- Polenta
- Millet

Nuts and Seeds

- Pine nuts
- Walnuts
- Almonds
- Hazelnuts
- Pecans
- Pistachios
- Cashews
- Peanuts Nut butters
- Tahini
- Sesame seeds
- Chia seeds
- Flaxseeds
- Sunflower seeds
- Pumpkin seeds

OILS AND VINEGARS

- Extra virgin olive oil
- Balsamic vinegar
- Canola oil
- Apple cider vinegar
- Avocado oil
- White wine vinegar
- Red wine vinegar

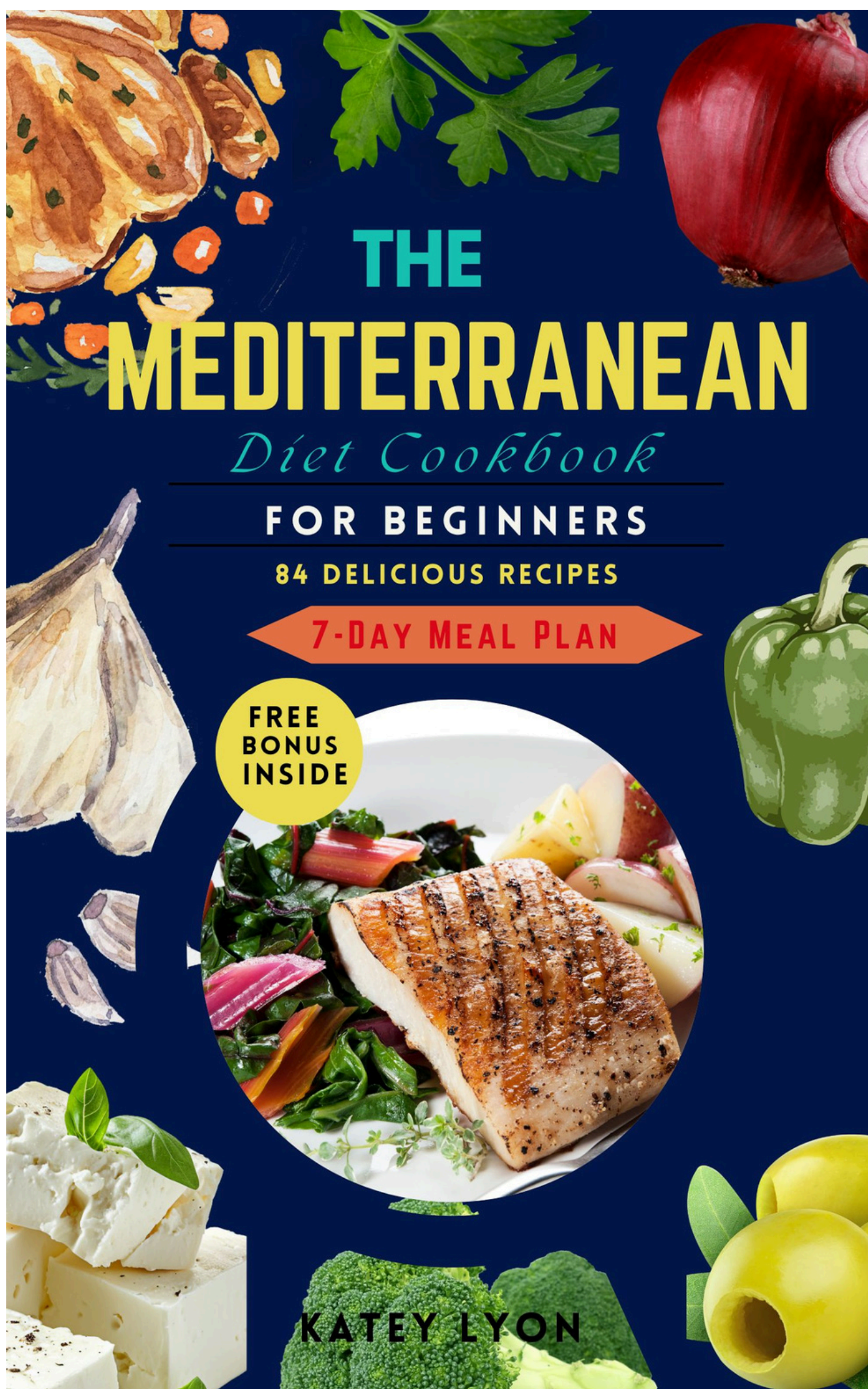
BEANS AND LEGUMES

Chickpeas

- Black beans
- Pinto beans
- Cannellini beans
- Navy beans
- Great Northern beans
- Black-eyed peas
- Gigante beans
- Kidney beans
- Fava beans
- Broad beans
- Soybeans
- Refried beans
- Lentils
- Split-peas
- Peas

Do You Want Mediterranean Diet Recipes?

Download [The Mediterranean Diet Cookbook for Beginners : 84 Delicious Recipes With 7-Day Meal Plan](#)



Inside The Book:

- **Build Your Plate The Mediterranean Style:** Learn to build meals that put the focus on the healthiest food first. and nutritional information
- **Quick & Easy:** Many recipes are ready in 45 minutes or less—perfect for busy people
- **84 Flavorful Recipes:** From breakfast to Dinner and snacks, you'll find a diverse selection of Mediterranean dishes suitable for any occasion. Like Cypriot Tavas Lamb Stew, Dalmatian Tomato Soup, Gazpacho, Greek Lentil Soup, Italian Mediterranean Quinoa Salad, Moroccan Chickpea Tagine, Portuguese Fish Stew and much more.

About Katey Lyon

My name is Katey Lyon, and I have struggled for a long time to lose weight. I have also been diagnosed with low thyroid and insulin resistance. My dedication and research taught me how to feel good and be healthy while losing extra weight.

That's why I've created this site to help people achieve their goals of losing weight, living healthy, and, at the same time, learning how to eat food made from delicious recipes so they can enjoy their meals without guilt.

I love cooking and writing; I have a Starter Nutrition Certificate a Complete Nutrition diploma accredited by CTAA (Complementary Therapist Association) and a Keto Nutrition Health Coach Certification.

I strongly believe eating healthy is the key to a better quality of life. I have taken a course in Nutritional Therapy that has given me the foundation for eating healthily.

Best Wishes

Katey Lyon

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