

MEDITERRANEAN DIET GROCERY LIST



Vegetables

Spinach
kale
Romaine lettuce
Tomatoes
Cucumbers
Bell peppers
Zucchini
Eggplant
Broccoli
Cauliflower
Onions
Garlic
Carrots

Fruits

Lemons
Oranges
Grapes
Apples
Berries (strawberries,
blueberries, raspberries)
Avocados
Figs
Pomegranates

Nuts & Seeds

Almonds
Walnuts
Pine nuts
Chia seeds
Flaxseeds

Protein

Chicken breast
Salmon
Tuna
Sardines
Shrimp
Eggs

Whole Grains

Quinoa
Brown rice
Barley
Oats
Whole-wheat bread
Whole-wheat pasta

Legumes

Chickpeas
Lentils
Black beans
Kidney beans

Dairy

Greek yogurt
Feta cheese
Ricotta cheese

Herbs & Spices

Oregano
Basil
Parsley
Rosemary
Thyme
Paprika

Healthy Fats & Extras

Extra virgin olive oil
Olives
Whole-grain crackers
Hummus
Dark chocolate (70% cocoa
or higher)