



The Mediterranean Dish®

MEDITERRANEAN DIET SHOPPING LIST

TheMediterraneanDish.com is a leading online resource for modern

Mediterranean cooking and the Mediterranean lifestyle. Visit us for recipes and more!

VEGETABLES

The Mediterranean lifestyle focuses on the use of fresh veggies for weight control and overall good health. Frozen and canned veggies that are low-sodium are also good choices.

Must Haves

- Garlic
- Onions/Spring Onions
- Leafy Greens
- Tomatoes (fresh, canned, sauce...)

Other

- Asparagus
- Artichokes
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Eggplant
- Green Beans
- Mushrooms
- Olives
- Peas
- Squash (including zucchini)
- _____
- _____
- _____
- _____

HEALTHY OILS/FATS

Quality extra virgin olive oil is the main fat used in our Mediterranean cooking. We use Greek extra virgin olive oils from organically grown and processed Koroneiki olives.

- Extra virgin olive oil (we use Private Reserve and Early Harvest olive oils. Visit our shop on TheMediterraneanDish.com)
- Avocado oil
- Grape seed oil
- Ghee (clarified butter, not very often)
- Canola oil (not very often)
- _____
- _____
- _____

NUTS & SEEDS

Nuts and seeds are used in cooking and also as snacks. They are full of protein, fiber, and healthy fats.

- Almonds,
- Cashews
- Flaxseed
- Peanuts
- Pinenuts
- Pumpkin Seeds (Pepitas)
- Sunflower Seeds
- Walnuts
- _____
- _____

DAIRY/EGGS

In the Mediterranean lifestyle, dairy, including a variety of cheeses, are enjoyed in moderation. As much as possible, choose traditional "real" cheese and avoid highly-processed cheeses.

- Cheese (including burrata, feta, mozzarella, Parmigiano-Reggiano...)
- Low-Fat Milk
- Yogurt and Greek Yogurt
- Eggs (preferably organic, free-range)
- _____

SEAFOOD & POULTRY ETC.

Fish, especially white fish, is a good source of lean protein. Oily fish like salmon provide a great deal of Omega-3s. Eating the Mediterranean way allows you to incorporate fish and seafood at least twice a week (consult your physician). Eat lean meats from poultry in moderation, and red meat only on occasion.

- White fish of all kinds
- Salmon and other fatty fish
- Shell fish such as crab, shrimp, lobster...
- Poultry
- Meat (lamb, lean beef, pork)
- _____
- _____
- _____

GRAINS AND SUCH

Among other benefits, grains are a good source of fiber, vitamin Bs, and minerals. As much as possible, use whole-grain products, which are said to help with weight management and reduce the risk of heart disease.

- Barley
- Bread (e.g. Loaf, Pita)
- Bulgur
- Couscous
- Oatmeal
- Pasta
- Polenta
- Quinoa
- Rice
- _____
- _____

HERBS & SPICES

Perhaps the most exciting part about eating the Mediterranean way is the generous use of fresh herbs and quality spices, which add bold and exciting flavor without the use of excessive salt nor adding extra fat.

- Basil
- Bay Leaves
- Cilantro
- Mint
- Parsley
- Oregano

Spices such as aleppo pepper, allspice, cumin, coriander, harissa, paprika, sumac, turmeric, za'atar and more.

Visit our shop for all-natural and organic Mediterranean spices on
TheMediterraneanDish.com

FRUITS

Fruits are a good source of energy and helpful to weight control. Include fresh fruit, frozen and canned fruits without added sugars.

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Dates
- Figs
- Grapes
- Lemons (used regularly)
- Melon
- Oranges
- Peaches
- Plums
- Pomegranates
- _____
- _____
- _____
- _____
- _____
- _____

BEANS & LEGUMES

Beans are used regularly in eating the Mediterranean way. They are budget-friendly, and a good source of fiber and protein. When using canned beans and legumes, opt for low-sodium. And be sure to rinse and drain before using.

- Black Beans
- Chickpeas (Garbanzo)
- Hummus
- Kidney Beans
- Lentils
- Pinto Beans
- White Beans (Cannellini)
- _____
- _____