



Mediterranean Diet Grocery List

Grains

Choose mostly whole grain choices. These contain the word "whole" as the first ingredient. Ex: "whole wheat."

- Pasta _____
- Bread _____
- Rice _____
- Polenta _____
- Cereals _____
- Oatmeal _____
- Crackers _____
- Couscous _____
- Bulgar _____
- Pita _____
- Barley _____
- _____ _____

Seafood

Salmon and other oily fish contain healthy Omega-3s. White fish is a great lean protein.

- Salmon _____
- Shrimp _____
- Cod _____
- Scallops _____
- Clams _____
- Tilapia _____
- Tuna _____
- Crab _____
- _____ _____

Healthy Oils/Fats

Store oils in a cool, dark place to make them last longer.

- Olive (Extra-Virgin) _____
- Avocado _____
- Canola _____
- Grape seed _____
- _____ _____

Herbs and Spices

Fresh herbs and spices are a great way to add flavor without adding fat or salt.

- Garlic _____
- Basil _____
- Cilantro _____
- Parsley _____
- Mint _____
- Cumin _____
- Coriander _____
- Oregano _____
- _____ _____

Beans

Beans are great way to add fiber and protein to meal. Eat them in place of red meat at least once a week.

- Chickpeas (Garbanzo) _____
- Hummus _____
- White (Cannellini) _____
- Black _____
- Pinto _____
- Lentil _____
- _____ _____

Dairy/Eggs

- Low-fat milk _____
- Yogurt _____
- Cheese _____
- Eggs _____



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Nuts and Seeds

Both are a great source of protein, fiber, and healthy fats. Stick to a handful a day because they are high in calories.

- Walnuts _____
- Almonds _____
- Peanuts _____
- Pine nuts _____
- Cashews _____
- Sunflower seeds _____
- Flax _____
- _____ _____
- _____ _____

Fruits

Fresh fruits are important for weight control and good health. Frozen fruit and canned varieties without added sugars are also good choices.

- Apples _____
- Bananas _____
- Grapes _____
- Oranges _____
- Cherries _____
- Blueberries _____
- Kiwis _____
- Strawberries _____
- Pomegranate _____
- Plums _____
- Peaches _____
- Avocados _____
- _____ _____
- _____ _____

Vegetables

Fresh veggies are important for weight control and good health. Frozen and low-sodium canned veggies are also good choices.

- Tomatoes (fresh, canned, and sauce) _____
- Broccoli _____
- Spinach _____
- Carrots _____
- Red / Green Peppers _____
- Mushrooms _____
- Green beans _____
- Eggplant _____
- Zucchini _____
- Squash _____
- Olives _____
- Onions _____
- Peas _____
- _____ _____
- _____ _____

Miscellaneous

Include other pantry essentials and home goods like cleaning supplies so you don't forget!

- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____

