

# Mediterranean Diet Shopping List

# **Meat & Fish**

Chicken

Turkey

Oily Fish

- Tuna
- Salmon
- Mackerel
- Haddock

# Shellfish

- Shrimp/Prawns
- Mussels

# **Dairy & Eggs**

Low-fat Milk

Low-fat Yogurt

Eggs

Cheese

Olive Oil-Infused

Margarine

# Oil

Extra Virgin Olive Oil

# **Condiments**

Hummus

Tahini

Balsamic Vinegar

#### **Drinks**

Red Wine

### **Bread & Grains**

Wholegrain Bread

Wholegrain Pasta

# Legumes

- White Beans
- Black Beans
- Chickpeas
- Red Kidney Beans

Brown Rice

Buckwheat

Nuts

Seeds

#### **Produce**

Onions

Garlic

**Tomatoes** 

Aubergine/Eggplants

Courgettes/Zucchinis

Mushrooms

**Apples** 

Oranges

Pears

Bananas

Grapes

# **Others**

Fitness Tracker Watch or App

