

## FRUIT

- o Oranges
- o Tangerines
- o Lemons
- o Apples
- o Pears
- o Cherries
- o Watermelon
- o Cantaloupe
- o Peaches
- o Pears
- o Figs
- o Apricots

## GRAINS & BREADS

- o Bread (preferable whole grains)
- o Paximadi (Barley Rusks)
- o Whole grain breadsticks
- o Pita bread
- o Phyllo
- o Pasta
- o Rice
- o Egg pasta
- o Bulgur
- o Couscous

## GREENS

- o Chicory
- o Dandelion
- o Beet Greens
- o Amaranth

## PANTRY ITEMS

- o Canned tomatoes
- o Tomato Paste
- o Olives
- o Sundried Tomatoes
- o Capers
- o Balsamic/red wine vinegar
- o Honey
- o Wine

## FISH & SEAFOOD

- o Anchovies (fresh or canned)
- o Sardines (fresh or canned)
- o Cod
- o Shrimp
- o Octopus
- o Calamari

## HERBS & SPICES

- o Oregano
- o Parsley
- o Dill
- o Mint
- o Basil
- o Cumin
- o All Spice
- o Cinnamon
- o Pepper/sea salt
- o Herbal teas (chamomile, mountain tea, sage, thyme)

## DAIRY

- o Strained (Greek) Yogurt
- o Sheep's milk yogurt
- o Feta cheese
- o Fresh cheese such as ricotta
- o Parmesan
- o Fresh Mozzarella
- o Graviera
- o Mitzithra

## FATS & NUTS

- o Extra Virgin Olive Oil
- o Tahini
- o Almonds
- o Walnuts
- o Pine Nuts
- o Pistachios
- o Sesame seeds

## MEAT & POULTRY

- o Chicken (whole, legs etc.)
- o Ground Beef
- o Veal
- o Pork

## BEANS

- o Lentils
- o White beans
- o Chickpeas
- o Yellow Split Pea (fava)

## VEGETABLES

- o Tomatoes
- o Peppers
- o Onions
- o Eggplant
- o Cucumbers
- o Green beans
- o Okra
- o Zucchini
- o Garlic
- o Peas
- o Potatoes
- o Mushrooms
- o Cauliflower
- o Broccoli
- o Carrots
- o Celery leaves
- o Beets
- o Spinach
- o Cabbage
- o Romaine Lettuce
- o Frozen (spinach, peas, green beans)

# MEDITERRANEAN DIET SHOPPING LIST