



# MEDITERRANEAN DIET SHOPPING LIST

## CANNED

- Mushrooms
- Tomatoes
- Corn
- Beans -White -Pinto  
-Kidney -Green  
-Black -Navy  
-Red

## SEAFOOD & MEAT

- Chicken Thighs
- Lean Ground Beef
- Bone In Pork Chop
- Eye of Round/Hanger Steak
- Salmon, Tuna, Chicken

## FROZEN

- Broccoli
- Peppers
- Peas
- Squash
- Spinach
- Zucchini
- Carrots
- Kafe
- Onions
- Collard Greens

## PASTA & GRAINS & STARCHES

- Potatoes
- Whole Wheat Pasta
- Whole Wheat Tortillas

## DRIED

- Lentils
- Barley
- Oatmeal
- Brown Rice

## DAIRY & CHEESE

- 2% Milk
- Eggs
- Greek Yogurt
- Cheeses

## NUTS & OILS

- Extra Virgin Olive Oil
- Canola Oil (for Cooking)
- Nuts
  - Almonds -Brazil
  - Walnuts -Pistachio
  - Hazelnut

## SPICES

- Italian Spice Mix
  - Chili Powder
  - Cumin
  - Garlic
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