

# Mediterranean Diet

## Essential Shopping List

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### Produce: Vegetables & Fruits (Daily Focus)

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#### Vegetables

- ☐ **Leafy Greens:** Spinach, Kale, Swiss Chard, Arugula
- ☐ **Cruciferous:** Broccoli, Cauliflower, Brussels Sprouts
- ☐ **Root Veggies:** Carrots, Sweet Potatoes, Turnips
- ☐ **Alliums:** Onions, Garlic, Leeks
- ☐ **Colorful:** Bell Peppers, Tomatoes, Zucchini, Eggplant, Cucumbers
- ☐ **Salad Base:** Mixed Greens, Romaine, Baby Greens

#### Fruits

- ☐ **Berries:** Strawberries, Blueberries, Raspberries
- ☐ **Citrus:** Oranges, Grapefruits, Lemons, Limes
- ☐ **Seasonal:** Peaches, Nectarines, Apples, Pears, Grapes, Figs
- ☐ **Dried (Moderation):** Dates, Apricots

### Dry Goods: Legumes, Nuts, Seeds & Grains

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#### Legumes, Nuts & Seeds

- ☐ **Beans/Lentils:** Chickpeas, Black Beans, Kidney Beans, Lentils (Canned or Dried)
- ☐ **Nuts:** Almonds, Walnuts, Pistachios
- ☐ **Seeds:** Pumpkin, Sunflower, Chia, Flax (Optional)
- ☐ **Butters:** Natural Almond/Peanut Butter (minimal sugar)

#### Whole Grains & Carbs

- ☐ **Bread/Wraps:** Whole-wheat bread, Pita, or Wraps
- ☐ **Pasta:** Whole-wheat, Spelt, or other Whole-Grain Pasta
- ☐ **Grains:** Brown Rice, Farro, Quinoa, Barley
- ☐ **Breakfast:** Oats (Rolled or Steel-Cut), Minimal Sugar Whole-Grain Cereals
- ☐ **Starches:** Potatoes and Sweet Potatoes (in moderation)

### Pantry Essentials: Oils, Spices & Longer-Shelf Items

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#### Healthy Fats & Flavor Builders

- ☐ **Primary Oil:** Extra-Virgin Olive Oil (EVOO)
- ☐ **Other Fats:** Olives (Green or Black), Fresh Avocado
- ☐ **Flavor Enhancers:** Vinegars (Balsamic, Red Wine), Lemon, Lime, Capers
- ☐ **Condiments:** Mustard, Hummus (check minimal additives)
- ☐ **Limit/Avoid:** Butter, Margarine, Processed Vegetable Oils

#### Canned Goods, Stock & Spices

- ☐ Canned Tomatoes (diced, crushed)
- ☐ Tomato Paste
- ☐ Canned Tuna or Sardines (in water or olive oil)
- ☐ Stock or Broth (Vegetable or Chicken; low sodium)
- ☐ **Dried Spices:** Oregano, Cumin, Coriander, Turmeric, Cinnamon, Smoked Paprika
- ☐ **Fresh Herbs:** Basil, Parsley, Cilantro, Mint, Rosemary

### Proteins: Fish, Poultry, Dairy & Eggs

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**Goal:** Plant foods are the main focus. Fish/Seafood several times per week. Poultry/Dairy in moderate amounts.

| Fish & Seafood (High Frequency)                                                                                                                                                                                                | Poultry & Lean Meats (Moderate)                                                                                                                                                                                  | Eggs & Dairy (Moderate)                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>- Salmon, Trout, Mackerel, Sardines (<i>Omega-3 rich</i>)</li> <li>- Shrimp, Mussels, Clams, Crab (<i>Leaner</i>)</li> <li>- Canned Tuna or Sardines (in water or olive oil)</li> </ul> | <ul style="list-style-type: none"> <li>- Chicken Breast or Thighs (skin removed)</li> <li>- Turkey (Ground or Breast)</li> <li>- Lean cuts of Lamb or Beef (<i>Occasionally, limit red/processed</i>)</li> </ul> | <ul style="list-style-type: none"> <li>- Eggs (Whole)</li> <li>- Plain Yogurt (Greek style recommended)</li> <li>- Cheese (Small amounts: Feta, Goat)</li> <li>- Milk (<i>If consumed, moderate amounts</i>)</li> </ul> |

## Beverages & Moderation Items

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### Drinks

- ☐ Water (*The main beverage*)
- ☐ Sparkling Water (unsweetened)
- ☐ Coffee & Tea (unsweetened or lightly sweetened)
- ☐ Wine (*Optional, in moderation and traditionally served with meals*)

### Items to Avoid or Limit

- ☐ Sugary sodas and sweetened beverages
- ☐ Excessive alcohol
- ☐ Refined carbohydrates (e.g., white bread, white pasta)