

# BASIC Mediterranean Diet Shopping List



## Meat/Fish

- Anchovies
- Organic Chicken
- Cod
- Lamb
- Lobster
- Mussels
- Salmon
- Sardines
- Shrimp
- Tuna

## Grains

- Barley
- Brown rice
- Bulgur
- Couscous
- Farro
- Quinoa
- Whole grain bread
- Whole grain pasta

## Legumes/Nuts

- Cannellini beans
- Chickpeas
- Kidney Beans
- Lentils
- Pistachios
- Walnuts

## Fruits

- Apples
- Apricots
- Avocado
- Cantaloupe
- Dates
- Grapefruit
- Grapes
- Lemons
- Oranges
- Watermelon

## Vegetables

- Artichoke
- Arugula
- Cabbage
- Cauliflower
- Cucumbers
- Celery
- Eggplant
- Escarole
- Figs
- Kale
- Mushrooms
- Olives
- Onions
- Peppers
- Romaine lettuce
- Spinach
- Tomatoes
- Zucchini

## Eggs/Dairy

- Eggs
- Feta cheese
- Goat cheese
- Parmesan cheese
- Ricotta cheese
- Yogurt

## Condiments/Herbs

- Balsamic vinegar
- Basil
- Dill
- Garlic
- Hummus
- Olive oil
- Oregano
- Parsley
- Pesto
- Red pepper flakes
- Red wine vinegar
- Rosemary
- Tahini
- Thyme
- Tomato sauce

# BASIC Mediterranean Diet Food Habits Cheat Sheet



## Daily -

- 5+ Servings of Vegetables
- 3+ Servings of Fruit
- 1 Serving of Whole Grains/Legumes
- 1 Serving of Olive Oil

## Weekly -

- 3+ Servings of Fish
- 5+ Servings of Nuts/Seeds

## Choices-

- +Olive Oil for cooking & dressings
- +Protein from plant-based sources, fish, and organic poultry
- +Whole grains / Ancient grains (Brown Rice, Quinoa, Farro, Buckwheat)
- +Fermented Dairy (cheese, yogurt)
- +Pasture Raised Eggs
- +Red Wine (up to one glass daily)

## Foods to limit -

- Simple sugars (candies and sodas) / baked goods (cookies, cakes, pastries)
- Conventional Meat (pork, red meat and non-organic poultry)
- Most Dairy (milk, ice cream)
- Seed oils (Canola, Soybean, Safflower)
- Packaged / Processed Foods