



## Mediterranean Diet Grocery List

### Grains

Choose mostly whole grain choices. These contain the word "whole" as the first ingredient. Ex: "whole wheat."

- |                                   |                                |
|-----------------------------------|--------------------------------|
| <input type="checkbox"/> Pasta    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bread    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Rice     | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Polenta  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cereals  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Oatmeal  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bulgar   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pita     | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Barley   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____    | <input type="checkbox"/> _____ |

### Seafood

Salmon and other oily fish contain healthy Omega-3s. White fish is a great lean protein.

- |                                   |                                |
|-----------------------------------|--------------------------------|
| <input type="checkbox"/> Salmon   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Shrimp   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cod      | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Scallops | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clams    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tilapia  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tuna     | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Crab     | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____    | <input type="checkbox"/> _____ |

### Healthy Oils/Fats

Store oils in a cool, dark place to make them last longer.

- |   |                                |
|---|--------------------------------|
| <input type="checkbox"/> Olive (Extra-Virgin) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Avocado              | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Canola               | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Grape seed           | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____                | <input type="checkbox"/> _____ |

### Herbs and Spices

Fresh herbs and spices are a great way to add flavor without adding fat or salt.

- |                                    |                                |
|------------------------------------|--------------------------------|
| <input type="checkbox"/> Garlic    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Basil     | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cilantro  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Parsley   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Mint      | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cumin     | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Coriander | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Oregano   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____ |

### Beans

Beans are great way to add fiber and protein to meal. Eat them in place of red meat at least once a week.

- |   |                                |
|---|--------------------------------|
| <input type="checkbox"/> Chickpeas (Garbanzo) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hummus               | <input type="checkbox"/> _____ |
| <input type="checkbox"/> White (Cannellini)   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Black                | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pinto                | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lentil               | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____                | <input type="checkbox"/> _____ |

### Dairy/Eggs

- |                                       |                                |
|---------------------------------------|--------------------------------|
| <input type="checkbox"/> Low-fat milk | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Yogurt       | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cheese       | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Eggs         | <input type="checkbox"/> _____ |



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### Nuts and Seeds

Both are a great source of protein, fiber, and healthy fats. Stick to a handful a day because they are high in calories.

- |  |                                |
|--|--------------------------------|
| <input type="checkbox"/> Walnuts         | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Almonds         | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Peanuts         | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pine nuts       | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cashews         | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sunflower seeds | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Flax            | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____           | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____           | <input type="checkbox"/> _____ |

### Fruits

Fresh fruits are important for weight control and good health. Frozen fruit and canned varieties without added sugars are also good choices.

- |                                       |                                |
|---------------------------------------|--------------------------------|
| <input type="checkbox"/> Apples       | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bananas      | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Grapes       | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Oranges      | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cherries     | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Blueberries  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Kiwis        | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pomegranate  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Plums        | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Peaches      | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Avocados     | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____        | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____        | <input type="checkbox"/> _____ |

### Vegetables

Fresh veggies are important for weight control and good health. Frozen and low-sodium canned veggies are also good choices.

- |  |                                |
|--|--------------------------------|
| <input type="checkbox"/> Tomatoes (fresh, canned, and sauce) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Broccoli                            | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Spinach                             | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Carrots                             | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Red / Green Peppers                 | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Mushrooms                           | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Green beans                         | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Eggplant                            | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Zucchini                            | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Squash                              | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Olives                              | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Onions                              | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Peas                                | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____                               | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____                               | <input type="checkbox"/> _____ |

### Miscellaneous

Include other pantry essentials and home goods like cleaning supplies so you don't forget!

- |                                |                                |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
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