

# Mediterranean Diet

## Grocery list

### VEGETABLES

Artichokes  
Arugula  
Beets  
Bell peppers  
Broccoli  
Cabbage  
Carrots  
Celery  
Cucumbers  
Eggplant  
Garlic  
Kale  
Mushrooms  
Onions  
Spinach  
Tomatoes  
Zucchini

### NUTS & SEEDS

- Almonds
- Cashews
- Chia seeds
- Pine nuts
- Pumpkin seeds
- Sunflower seeds
- Walnuts

### HEALTHY FATS

- Extra virgin olive oil
- Olives

### DAIRY

- Greek yogurt
- Feta cheese
- Mozzarella

### FRUITS

Apples  
Apricots  
Avocados  
Strawberries  
Blueberries  
Cherries  
Figs  
Grapes  
Lemons  
Melons  
Oranges  
Peaches  
Pears  
Pomegranates

### SEAFOOD

- Mackerel
- Mussels
- Salmon
- Sardines
- Shrimp
- Trout

### POULTRY

- Chicken
- Duck
- Eggs

### LEGUMES

- Black beans
- Chickpeas
- Kidney beans
- Lentils
- Split peas

### WHOLE GRAINS

- Brown rice
- Bulgur
- Oats
- Quinoa
- Whole grain bread
- Whole grain pasta

### HERBS

- Basil
- Cinnamon
- Cumin
- Garlic
- Mint
- Oregano
- Parsley
- Pepper
- Rosemary
- Thyme

### NOTES

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