

Mediterranean Diet Shopping List

DIARY

- Feta Cheese
- Greek Yogurt
- Eggs (Free-Range or Organic)
- Milk (Skimmed or Semi-Skimmed)

GRAINS

- Brown / Wholemeal Bread
- Whole Wheat Couscous
- Bulgur Wheat
- Oats
- Quinoa
- Whole Wheat Pasta

HERBS & SPICES

- Cumin Seeds
- Crushed Chilli
- Paprika
- Dried Parsley
- Ground Coriander
- Ground Turmeric
- Ground Cinnamon
- Mint
- Dried Oregano
- Ras El Hanout
- Basil
- Black Pepper

MEAT, FISH & NUTS

- Fatty Fish (Tuna / Cod / Mackerel / Salmon / Sardines)
- Poultry (Chicken / Turkey)
- Red Meat (Low Fat: Beef / Lamb / Pork)
- Nuts (Unsalted: Almonds / Walnuts)

LEGUMES

- Dried Lentils
- Cannellini Beans
- Chickpeas

FATS, OILS & BEVERAGES

- Extra Virgin Olive Oil
- Red Wine Vinegar
- Vegetable Stock Cubes

FRUIT & VEGETABLES

- Apples
- Bananas
- Onions
- Garlic
- Lemons
- Blueberries
- Rocket Leaves
- Potatoes (New / Sweet)
- Spinach
- Tomatoes (Cherry / Sundried)
- Green Beans
- Avocados
- Aubergines
- Peppers
- Pitted Black Olives
- Dried Fruit (Raisins / Sultanas)
- Tinned Tomatoes
- Courgettes
- Cucumbers
- Carrots
- Mushrooms
- Broccoli