



The Mediterranean Nutritionist

MEDITERRANEAN DIET SHOPPING LIST

<p><u>Lean Protein</u></p> <p>Egg substitute</p> <p>Nuts (such as unsalted and dry-roasted almonds, walnuts, nut butters)</p> <p>Fish/shellfish (salmon, tuna, halibut, shrimp, flounder...)</p> <p>Vegetarian protein (tofu, tempeh...)</p> <p>Beans, peas and lentils (canned beans are fine, if rinsed, frozen peas are fine if no additives)</p> <p>Lentils</p>	<p><u>Dairy</u></p> <p>Fat-free milk</p> <p>Soy milk</p> <p>Almond, rice or hemp milk</p> <p>Fat-free yogurt (plain)</p> <p>Fat-free sour cream</p> <p>Fat-free half and half</p> <p>Shredded strong cheese such as asiago</p>
<p><u>Cereals</u></p> <p>Steel-cut oatmeal (quick-cooking is fine)</p> <p>Shredded wheat (unsweetened)</p>	<p><u>Spices, seasonings</u></p> <p>Fresh herbs (dill, parsley, basil, rosemary...)</p> <p>Garlic (minced and whole)</p> <p>Lemon, lime</p> <p>Aged balsamic vinegar</p> <p>Mustards</p> <p>Horseradish</p> <p>Capers</p> <p>Other lower sodium seasonings and seasoning blends</p>
<p><u>Breads/Pasta/Grains</u></p> <p>100% whole grain breads</p> <p>Whole wheat pasta products</p> <p>Whole grain crackers (such as “Mary’s Gone” crackers)</p> <p>Brown rice</p>	<p><u>Oils/fats</u></p> <p>Extra virgin olive oil</p> <p>Canola oil</p> <p>Spray oils</p>

Quinoa	
Whole grain couscous	
<u>Vegetables</u>	Pantry
Dark leafy greens (spinach, arugula, red leaf lettuce...)	Canned tomato products (lower in sodium such as whole canned plum tomatoes and tomato paste)
Tomatoes	Beans (chickpeas, white beans, black and kidney...)
Onions, shallots, chives	Tahini
Broccoli	Coffee
Carrots	Tea
Peppers	Low sodium broth
Asparagus	Flaxseeds
Brussels sprouts	Chia seeds
Squash	Roasted red peppers
Eggplant	Popcorn kernels
Sweet potatoes...	Sweeteners (calorie-free is fine)
<u>Fruit</u>	<u>Wine/Chocolate</u>
Bananas	Cabernet sauvignon
Apples, unsweetened applesauce	Pinot Noir
Berries	Unsweetened dark cocoa powder
Grapes	At least 60% dark cacao chocolate bars (NOT processed with alkali)
Mango	
Pineapple	
Melons...	