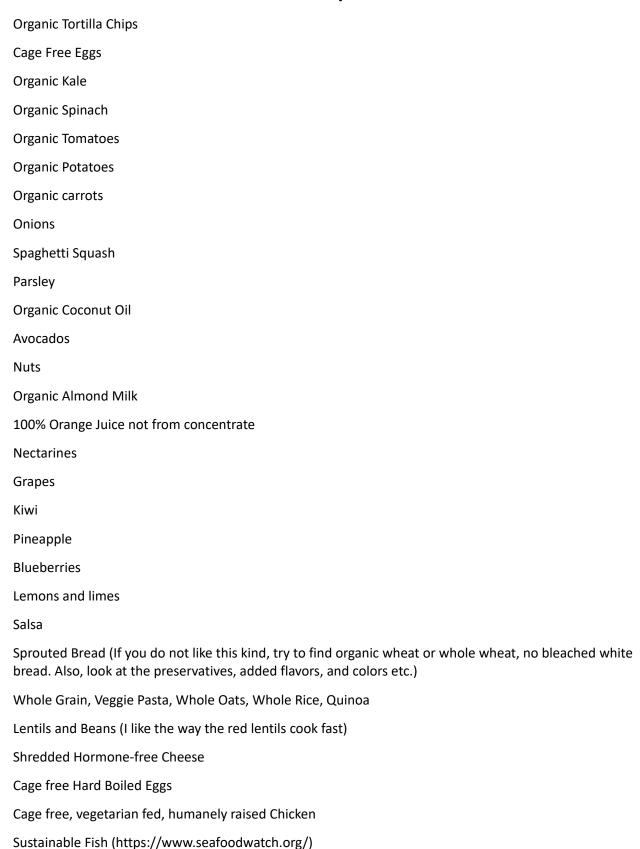
Grocery List





MEDITERRANEAN DIET SHOPPING LIST

STAPLES	CANNED & PACKAGED	PRODUCE
Oils Olive Oil Extra-virgin olive oil Vinegar Balsamic Red wine White wine A variety of dried herbs & spices Basil Parsley Oregano Cayenne pepper Cinnamon Cloves Cumin Coriander Dill Fennel seed Ginger Rosemary Red and white wine Garlic MEAT & SEAFOOD Clams Cod Crab meat Halibut Mussels Salmon	CANNED & PACKAGED Olives Canned Tomatoes Dried & canned beans Cannellini beans Navy beans Chickpeas Black beans Kidney beans Lentils Canned tuna Whole Grains Whole grain pasta Bulgur Whole wheat couscous Guinoa Brown rice Barley Faro Polenta Oats Whole wheat bread or pita Whole grain crackers Nuts & seeds Almonds Hazelnuts Pine nuts Walnuts Cashews Sunflower seeds Sesame seeds	☐ Apples ☐ Artichokes ☐ Asparagus ☐ Avocado ☐ Bananas ☐ Beets ☐ Bell peppers ☐ Berries (all types) ☐ Broccoli ☐ Brussels sprouts ☐ Cabbage ☐ Carrots ☐ Celery ☐ Cherries ☐ Cucumbers ☐ Dates ☐ Eggplant ☐ Figs ☐ Grapes ☐ Grapes ☐ Green beans ☐ Kiwi ☐ Leafy greens ☐ Lettuce ☐ Limes ☐ Melons ☐ Mushrooms ☐ Nectarines ☐ Onions
☐ Dill ☐ Fennel seed	☐ Barley☐ Faro	☐ Fennel
☐ Rosemary ☐ Red and white wine	☐ Oats☐ Whole wheat bread or pita	☐ Grapes☐ Green beans
MEAT & SEAFOOD	Nuts & seeds Almonds	☐ Leafy greens☐ Lemons
☐ Cod	☐ Pine nuts ☐ Walnuts	☐ Limes☐ Melons
☐ Mussels ☐ Salmon	☐ Sunflower seeds☐ Sesame seeds	☐ Nectarines☐ Onions
☐ Scallops ☐ Shrimp ☐ Tilapia	REFRIGERATED Cheese Cream cheese	☐ Oranges ☐ Peas ☐ Peaches ☐ Peaches
☐ Tuna ☐ Chicken breast* ☐ Chicken thighs*	☐ Feta☐ Goat cheese☐ Mozzarella	☐ Pears ☐ Plums ☐ Pomegranate
☐ Lean red meat**	Parmesan Ricotta Low-fat milk Plain or Greek yogurt Eggs	☐ Potatoes ☐ Shallots ☐ Spinach ☐ Squash ☐ Tomatoes ☐ Zucchini



^{*} In moderation, once to twice per week

^{**} On rare occasions, once to twice monthly



Everyone says organic is expensive. I urge you to try Trader Joes. They are my "go to" for when I plan on purchasing a lot of organic produce and groceries. It's very affordable.

http://www.healthylifedeals.com/2010/12/trader-joes-price-list.html