

Grocery List

Organic Tortilla Chips

Cage Free Eggs

Organic Kale

Organic Spinach

Organic Tomatoes

Organic Potatoes

Organic carrots

Onions

Spaghetti Squash

Parsley

Organic Coconut Oil

Avocados

Nuts

Organic Almond Milk

100% Orange Juice not from concentrate

Nectarines

Grapes

Kiwi

Pineapple

Blueberries

Lemons and limes

Salsa

Sprouted Bread (If you do not like this kind, try to find organic wheat or whole wheat, no bleached white bread. Also, look at the preservatives, added flavors, and colors etc.)

Whole Grain, Veggie Pasta, Whole Oats, Whole Rice, Quinoa

Lentils and Beans (I like the way the red lentils cook fast)

Shredded Hormone-free Cheese

Cage free Hard Boiled Eggs

Cage free, vegetarian fed, humanely raised Chicken

Sustainable Fish (<https://www.seafoodwatch.org/>)



MEDITERRANEAN DIET SHOPPING LIST

STAPLES

- 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
- Scallops
- Shrimp
- Tilapia
- Tuna
- Chicken breast*
- Chicken thighs*
- Lean red meat**

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
 - Quinoa
 - Brown rice
 - Barley
 - Farro
 - Polenta
 - Oats
 - Whole wheat bread or pita
 - Whole grain crackers
- Nuts & seeds
 - Almonds
 - Hazelnuts
 - Pine nuts
 - Walnuts
 - Cashews
 - Sunflower seeds
 - Sesame seeds

REFRIGERATED

- Cheese
 - Cream cheese
 - Feta
 - Goat cheese
 - Mozzarella
 - Parmesan
 - Ricotta
- Low-fat milk
- Plain or Greek yogurt
- Eggs

PRODUCE

- Apples
- Artichokes
- Asparagus
- Avocado
- Bananas
- Beets
- Bell peppers
- Berries (all types)
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Cherries
- Cucumbers
- Dates
- Eggplant
- Fennel
- Figs
- Grapes
- Green beans
- Kiwi
- Leafy greens
- Lemons
- Lettuce
- Limes
- Melons
- Mushrooms
- Nectarines
- Onions
- Oranges
- Peas
- Peaches
- Pears
- Plums
- Pomegranate
- Potatoes
- Shallots
- Spinach
- Squash
- Tomatoes
- Zucchini

* In moderation, once to twice per week

** On rare occasions, once to twice monthly

EWG'S SHOPPERS GUIDE TO PESTICIDES IN PRODUCE™

DIRTY

2013 **DOZEN**™ 2013

APPLES	NECTARINES IMPORTED
CELERY	PEACHES
CHERRY	POTATOES
TOMATOES	SPINACH
CUCUMBERS	STRAWBERRIES
GRAPES	SWEET BELL PEPPERS
HOT PEPPERS	

PLUS

COLLARDS & KALE*
SUMMER SQUASH & ZUCCHINI*

*PESTICIDES OF SPECIAL CONCERN

EWG'S SHOPPERS GUIDE TO PESTICIDES IN PRODUCE™

CLEAN

2013 **FIFTEEN**™ 2013

ASPARAGUS	ONIONS
AVOCADO	PAPAYAS
CABBAGE	PINEAPPLES
CANTALOUPE	SWEET PEAS FROZEN
CORN	SWEET POTATOES
EGGPLANT	
GRAPEFRUIT	
KIWI	
MANGOS	
MUSHROOMS	

QUESTIONS ABOUT PESTICIDES IN PRODUCE? VISIT US AT FOODNEWS.ORG

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>