### The Complete Mediterranean Diet Food Shopping List

#### Vegetables
- The key here is to be seasonal and as local as possible. No need to buy imported artichokes. See below for some typical vegetables used.
  - Tomatoes
  - Peppers
  - Onions
  - Eggplant
  - Cucumbers
  - Green beans
  - Okra
  - Zucchini
  - Garlic
  - Peas
  - Potatoes
  - Mushrooms
  - Cauliflower
  - Broccoli
  - Carrots
  - Celery leaves
  - Beets
  - Spinach
  - Cabbage
  - Romaine Lettuce
  - Frozen (spinach, peas, green beans)

#### Fruit
- Citrus fruit is one of the main sources of antioxidants in the Mediterranean diet.
  - Oranges
  - Tangerines
  - Lemons
  - Apples
  - Pears
  - Cherries
  - Watermelon
  - Cantaloupe
  - Peaches
  - Raspberries
  - Apricots

#### Dairy
- In the traditional Mediterranean diet, the dairy products are full-fat.
  - Strained (Greek) Yogurt
  - Sheep’s milk yogurt
  - Feta cheese
  - Fresh cheese such as ricotta
  - Parmesan
  - Fresh Mozzarella
  - Graviera
  - Mitzithra

#### Fats & Nuts
- Extra Virgin Olive Oil
- Tahini
- Almonds
- Walnuts
- Pine Nuts
- Pistachios
- Sesame seeds

#### Beans
- Lentils
- White beans
- Chickpeas
- Yellow Split Pea (fava)

#### Meat & Poultry
- Red meat is consumed in small amounts usually once a week and poultry once a week.
  - Chicken (whole, legs etc.)
  - Ground Beef
  - Veal
  - Pork

#### Fish & Seafood
- Mainly small fatty fish is consumed, in many cases it is cured (you can also use canned).
  - Anchovies (fresh or canned)
  - Sardines (fresh or canned)
  - Cod
  - Shrimp
  - Octopus
  - Calamari

#### Grains & Breads
- Bread (preferable whole grains)
- Paximadi (Barley Rusks)
- Whole grain breadsticks
- Pita bread
- Phyllo
- Pasta
- Rice
- Egg pasta
- Bulgur
- Couscous

#### Pantry Items
- Canned tomatoes
- Tomato Paste
- Olives
- Sundried Tomatoes
- Capers
- Balsamic/red wine vinegar
- Honey
- Wine

#### Greens
- An important part of the diet is the consumption of greens.
  - Chicory
  - Dandelion
  - Beet Greens
  - Amaranth