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# Mediterranean Diet Shopping List

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## Vegetables

- Tomatoes
- Spinach
- Broccoli
- Kale
- Bell peppers
- Eggplant
- Zucchini

## Fish and Seafood

- Salmon
- Sardines
- Tuna
- Shrimp
- Mussels

## Poultry and Eggs

- Chicken
- Turkey
- Eggs

## Whole Grains

- Whole wheat bread
- Barley
- Quinoa
- Brown rice
- Oats
- Bulgur

## Legumes

- Chickpeas
- Lentils
- Kidney beans
- Black beans
- Cannellini beans

## Healthy Fats

- Olive oil
- Avocado
- Olives

## Fruits

- Oranges
- Apples
- Berries  
(strawberries,  
blueberries)
- Grapes
- Lemons

## Dairy Alternatives

- Greek yogurt
- Feta cheese
- Mozzarella  
cheese
- Almond milk

## Herbs and Spices

Basil  
Rosemary  
Oregano  
Garlic  
Cinnamon  
Turmeric



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

