

MEDITERRANEAN DIET

Shopping List



COOKING INGREDIENTS & OILS

- Oils - Extra virgin olive, rapeseed, avocado and sesame
- Vinegars - Balsamic, red wine, cider
- Dried herbs - oregano, rosemary, thyme
- Spices - chilli powder, paprika, cinnamon, cumin, coriander, turmeric
- Fresh herbs - basil, coriander, mint, thyme, parsley
- Garlic
-
-

CHILLED FOODS

- Feta
- Ricotta
- Manchego
- Mozzarella
- Parmesan
- Halloumi
- Brie
- Milk
- Greek or plain yoghurt
- Eggs
-
-
-
-

CANNED & PACKAGED FOODS

- Olives
- Canned tomatoes
- Cannellini beans
- Chickpeas
- Black beans
- Kidney beans
- Red lentils
- Canned tuna
- Canned mackerel
- Canned sardines
- Whole grain pasta
- Whole wheat cous cous
- Quinoa
- Brown rice
- Barley
- Polenta
- Oats
- Whole wheat bread/pitta/wraps
- Whole grain crackers
- Almonds
- Walnuts
- Cashews
- Hazelnuts
- Pistachio nuts
- Pumpkin seeds
-
-
-
-

MEDITERRANEAN DIET



Shopping List

VEGETABLES

- Aubergine
- Beetroot
- Peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Courgette
- Cucumber
- Leeks
- Mushrooms
-
.....
.....
- Leafy greens - spinach, kale, rocket, lettuce, Swiss chard
- Onions
- Peas
- Potatoes
- Sweet potatoes
- Squash
- Spring onions
- Tomatoes
- Green beans

POULTRY, SEAFOOD & MEAT

- Chicken
- Fish - all kinds of oily and non-oily, frozen is fine
- Shellfish and prawns
- Pork - chops, shoulder steaks, joints
- Beef - mince, steaks, joints
- Lamb - mince, chops, joints
-
.....
.....

FRUIT

- Apples
- Avocado
- Bananas
- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Dates
- Figs
- Grapes
-
-
- Kiwis
- Lemons
- Limes
- Melon
- Oranges
- Peaches
- Pears
- Plums
- Pomegranate

NOTES

- tinned fruit in juice, and frozen fruit are fine
- tinned vegetables in plain water, and frozen vegetables are fine
- try to have fish at least twice a week, one portion should be oily fish (salmon, sardines, mackerel, herring)
- have **plenty** of vegetables, fruit, whole-grains, olive oil, herbs, spices, nuts, beans and pulses.
- have **some** dairy, eggs and poultry
- have red meat less frequently
- try to **avoid** processed and sugary foods (cut out completely if following a strict diet)