



Mediterranean Diet Grocery List

For Beginners — Everything You Need to Start This Week



PROTEINS

- ☐ Eggs
- ☐ Plain Greek yogurt
- ☐ Canned sardines
- ☐ Canned salmon
- ☐ Chicken thighs
- ☐ Canned chickpeas
- ☐ Canned lentils

HEALTHY FATS

- ☐ Extra virgin olive oil
- ☐ Walnuts
- ☐ Avocado
- ☐ Tahini
- ☐ Kalamata olives
- ☐ Almonds

VEGETABLES

- ☐ Spinach and arugula
- ☐ Cherry tomatoes
- ☐ Cucumber
- ☐ Zucchini
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Red onion
- ☐ Garlic

WHOLE GRAINS

- ☐ Quinoa
- ☐ Farro
- ☐ Brown rice
- ☐ Whole grain or sourdough bread
- ☐ Oats

PANTRY STAPLES

- ☐ Canned whole tomatoes
- ☐ Canned chickpeas
- ☐ Lemons
- ☐ Raw honey
- ☐ Chia seeds
- ☐ Flaxseed

HERBS AND FLAVOR

- ☐ Dried oregano
- ☐ Za'atar
- ☐ Cumin
- ☐ Paprika
- ☐ Fresh parsley
- ☐ Fresh basil
- ☐ Black pepper

