



Mediterranean
for Life



GROCERY STAPLES

Welcome!

This grocery list is your personal cheat sheet to the Mediterranean Diet. It contains the evidence-based ingredients and recommended servings to achieve your health goals. Use these list to build a colorful plate of your favorites and you'll always have the essentials on hand to create delicious, heart healthy meals from my recipes.



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GROCERY LIST STAPLES

NON-STARCHY VEGETABLES

Servings per day: 3+

Serving size: 1 cup raw or ½ cup cooked

Leafy Greens

Spinach (fresh or frozen)

Kale

Swiss chard

Lettuce

Cruciferous Vegetables

Broccoli (fresh or frozen)

Cauliflower (fresh or frozen)

Brussel sprouts (fresh or frozen)

Cabbage

Other Vegetables

Carrots

Peppers (fresh or frozen)

NUTS

Servings per week: At least 3 per week

Serving size: 1 ounce or ¼ cup nuts or 2 tablespoons nut butter.

Focus on the following:

Walnuts

Almonds

Hazelnuts

Almond butter

FRUITS

Servings per day: 3

Serving size: 1 cup

Berries (fresh or frozen)

Blueberries

Raspberries

Blackberries

Other Fruits

Oranges

Apples

Cantaloupe

Avocados

Lemons and limes

Cherries (fresh or frozen)

SEEDS

Servings: Daily serving is okay

Serving size: 2 tablespoons

Flaxseeds

Chia seeds

BEANS + LEGUMES

Servings per week: At least 3 per week
Serving size: ½ cup cooked or ¼ cup dry

- Tofu
- Black beans
- Pinto beans
- Kidney beans
- Navy beans
- Chickpeas
- Lentils
- Edamame
- Peas
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FAT FREE DAIRY, NON-DAIRY ALTERNATIVES, AND EGGS

Serving per week: A daily serving of fat-free or low-fat dairy is okay. Less may be better. Limit cheese to 3 servings per week. Eat yolks in moderation. No limit on egg whites.

Servings size: Follow package recommendation for dairy.

- Fat-free plain Greek yogurt
- Unsweetened Soy milk
- Eggs
- Skim milk
- Egg whites
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WHOLE GRAINS + STARCHY VEGETABLES

Servings per day: 3-6
Servings size: ½ cup cooked or 1 piece of bread

Tip: Whole wheat flour should be the first ingredient in breads and pastas. "Wheat Flour" is code for standard white flour.

- Whole wheat bread
- Whole wheat pasta
- Whole wheat English muffins
- Whole wheat bagels
- Whole wheat tortillas
- Oats and oat bran
- Brown rice
- Potatoes (red skin potatoes or sweet)
- Corn
- Whole wheat Barley
- Popcorn seeds (not microwaveable)
- Quinoa
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FISH

Serving per week: 2-3
Serving Size: 3 ounces

- Salmon
- Sardines
- Tuna
- Herring
- Mackerel
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POULTRY

Serving per week: Plant proteins and fish are preferred.

Serving Size: 3 ounces

- Turkey (lean, white meat, no skin)
- Chicken (lean, white meat, no skin)
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FRESH HERBS

- Cilantro
- Basil
- Parsley
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DRIED HERBS + SPICES

- Bay leaf
- Chili powder
- Cinnamon
- Cumin
- Garlic
- Ginger
- Low sodium taco seasoning
- Paprika
- Rosemary
- Thyme
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OTHER COOKING + BAKING STAPLES

- Extra Virgin Olive Oil
- Cocoa powder
- Corn starch
- Dark chocolate (at least 85% cocoa)
- Canned tomatoes
- Fat-free chicken or vegetable stock
- Honey
- Kodiak Cakes Buttermilk Flapjack mix
- Lemon juice
- Lime juice
- Lite Soy Sauce
- Maple Syrup
- Minced garlic
- Tomato paste
- Vanilla
- Vinegars (balsamic, white wine, red wine, rice)
- White whole wheat flour
- Whole wheat flour
- Worcestershire sauce or Bragg's Aminos
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