Mediterranean diet GROCERY LIST

You will ind the Mediterranean diet meal plan **here**.

PRODUCE

- Avocados
- Bell pepper
- Carrots
- Tomatoes/cherry tomatoes
- Cucumber
- Onion
- Garlic
- Spring onions
- Zucchini
- Arugula
- Mint
- Parsley
- Basil
- Dill
- Cilantro
- Cabbage
- Broccoli
- Lettuce
- Apple
- Blueberries
- Lemon
- Radishes

MEAT, EGGS, DAIRY

- Eggs
- Feta Cheese
- Yogurt
- Milk of choice
- Salmon
- Shrimp
- Skinless boneless chicken
- Calamari (optional)

OPTIONAL

- Tzatziki (optional - can make yourself)
- Hummus (optional - can make yourself)

NUTS & SEEDS

- Sesame seeds
- Flaxseed
- Sunflower seeds
- Almonds
- Waltnuts
- Chia seeds
- Cashews
- Almond butter
- Tahini

PANTRY

- Nigella seeds
- Shredded coconut
- Olives
- Olive oil
- Coconut oil
- Quinoa
- Canned chickpeas
- Oats
- Canned tuna
- Tortillas
- Vinegar
- Honey/Maple Syrup
- Baking soda
- Tomato Paste

SPICES

- Black pepper and salt
- Chili flakes/powder
- Cinnamon
- Basil, dried
- Mint, dried
- Oregano, dried
- Vanilla

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