

# Mediterranean diet

## GROCERY LIST

You will find the Mediterranean diet meal plan [here](#).

### PRODUCE

- Avocados
- Tomatoes
- Cucumbers
- Green Peppers
- Red Peppers
- Spinach
- Arugula
- Carrots
- Scallions
- Fresh Basil
- Mint
- Dill
- Parsley
- Seasonal fruit of choice
- Garlic
- Onion
- Bananas
- Lemons

### FROZEN

- Frozen green beans

### FISH, EGGS, DAIRY

- Eggs
- Feta Cheese
- Yogurt
- Salmon
- Shrimp
- Almond milk or other milk of choice

### NUTS & SEEDS

- Chia seeds
- Tahini
- Cashews
- Nut butter of choice
- Almonds or other nuts of choice

### PANTRY

- Bread of choice
- Tortillas/ flatbread of choice
- Olive oil
- Coconut oil
- Oats
- Honey
- Quinoa
- Olives of choice
- Baking soda or powder
- Canned chickpeas
- Canned white beans
- Canned black beans
- Tomato paste

### SPICES

- Black pepper
- Cinnamon
- Vanilla
- Salt
- Crushed red pepper
- Paprika

### OPTIONAL

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