EAT MEDITERRANEAN FOOD

Mediterranean Diet Shopping List

An extensive list of the common foods used in Mediterranean cooking.
Visit us for more information on the Mediterranean Diet as a way of living and recipes.

Vegetables & Tubers

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Celeriac
- Celery
- Cucumber
- Eggplant
- Fennel
- Garlic
- Green Beans
- Leafy Greens (arugula, chicory, collard greens, dandelion greens, kale, mustard greens, nettles, spinach…)
- Onions (red, sweet, white, shallots, scallions/green onions)
- Lettuce
- Leeks
- Mushrooms
- Okra
- Olives
- Peas
- Peppers (bell peppers, pepperoncini, banana peppers…)
- Potatoes, sweet potatoes, turnips
- Purslane
- Radishes
- Squash (zucchini, pumpkin…)
- Tomatoes (fresh, canned, sauce, paste …)

Oils & Fats

- Extra Virgin Olive Oil First Cold
- Press
- Avocado Oil
- Ghee
- Butter (mainly for deserts and baking, sparingly for cooking)

Fruits

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Dates
- Figs
- Grapefruit
- Grapes
- Lemons
- Melons
- Mumble
- Nectarines
- Oranges
- Peaches
- Plums
- Pears
- Pomegranates
- Tangerines
- Watermelons

Grains

- Bread
- Barley
- Buckwheat
- Corn (flour, corn starch, polenta…)
- Couscous
- Faro
- Freekeh
- Millet
- Oats (oatmeal)
- Pasta
- Quinoa
- Rice
- Wheat (whole berries, flour, cracked, bulgur…)

Fish & Seafood

- All White Fish
- Clams
- Cockles
- Crab
- Eel
- Fatty Fish (Cod, Salmon, Sardines, Anchovies, Mackerel,
- Tuna…)
- Langoustines
- Mussels
- Octopus
- Shrimp
- Squid
- Lobster

Meats

- Beef
- Chevon or Cabrito (meat from adult
- goat)
- Goat
- Lamb
- Liver
- Mutton (meat from adult sheep)
- Pork
- Venison
- Wild Boar

Poultry & Eggs

- Chicken
- Duck
- Game
- Quail
- Turkey
- Chicken Eggs
- Duck Eggs
- Quail Eggs

Nuts & Seeds

- Almonds
- Cashews
- Flaxseed
- Hazelnuts
- Nut & Seed Butters (including Tahini)
- Peanuts
- Pine Nuts
- Pistachios
- Pumpkin Seeds (Pepitas)
- Sesame seeds
- Sunflower Seeds
- Walnuts

Sweets & Treats

- Baklava
- Biscotti & Cookies
- Cakes
- Chocolate Mousse
- Cream (Crème Caramel, Crème Catalan,
- Mahalebi, Kazan Dibi,
- Ekmek Katayifi, Galaktoboureko,
- Kunefe
- Halva
- Lokum (Turkish Delight)
- Ice cream, gelato, sorbet

Dairy

- Milk (Cow, Goat, Almond…)
- Cheese (Brie, Chèvre, Feta, Gruyere, Haloumi, Mozzarella, Parmigiano-Reggiano, Pecorino, Ricotta…)
- Greek (Strained) Yogurt
- Labneh
- Plain Yogurt

Herbs & Spices

- All Spice
- Basil
- Bay Leaves
- Cardamom
- Chervil
- Chili
- Peppers, Red Pepper Flakes
- Chives
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Dill
- Fennel
- Lavender
- Mint
- Mace
- Marjoram
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper (black, Green, White, Cayenne…)
- Rosemary
- Sage
- Sea Salt
- Sorrel
- Sumac
- Thyme
- Tarragon
- Turmeric
- Spice Mixes (Ras El Hanout, Za'atar…)
- Herb Mixes (Italian Seasoning, Herbs De Provence…)

Beans & Legumes

- Beans (Black, Cannellini, Kidney, Lima, Pinto, …)
- Chickpeas (Garbanzo)
- Fava Beans
- Hummus
- Lentils
- Yellow Split Peas

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