

THE MEDITERRANEAN DIET FOOD LIST

VEGETABLES

Carrots	Zucchini	Mushrooms	Kale
Asparagus	Tomatoes	Broccoli	Green Bell Peppers
Brussel Sprouts	Spinach	Green Beans	Cauliflower
Squash	Potatoes	Avocado	Dark Leafy Greens
Eggplant	Onions	Shallots	Chives
Celery	Cucumber	Beetroot	Pumpkin

FRUIT

Oranges	Papayas	All Berries	Bananas
Grapefruit	Melons	Apples	Pears
Stone Fruits	Kiwis	Cherries	Red Grapes
Lemon	Lime	Pineapples	Olives

PROTEIN

Chicken Breast	Turkey	Tofu	Salmon
Halibut	Tuna	Seitan	Tempeh
Shrimp	Eggs	Red Meat - 2 to 3 times per month	

GRAINS, PASTA & BREAD

Whole Wheat Pasta	Whole Wheat Tortillas	Brown Rice	Oatmeal
Quinoa	Whole Grain Couscous	Whole Grain Bread	Spelt Flour & Bread

LEGUMES

Lentils	Peas	Black Beans	Kidney Beans
Pinto Beans	Garbanzo Beans	Fava Beans	

DAIRY & SUBSTITUTES

Almond Milk	Coconut Milk	Greek Yoghurt	Sour Cream
Rice Milk	Parmesan	Mozzarella	Feta Cheese

OILS & NUTS

Extra Virgin Olive Oil	Pistachios	Cashews	Grape Seed Oil
Pecans	Hazelnuts	Almonds	Walnuts
Brazil Nuts	Pine Nuts		

HERBS, SPICES & SEASONINGS

Rosemary	Chilli Peppers	Cinnamin	Thyme
Sage	Mint	Ginger	Basil
Garlic	Parsley	All Vinegar	Mustards
Horseradish	Capers	Oregano	all other Herbs

WINE & CHOCOLATE

Cabernet Sauvignon	Pinot Noir	Unsweetened Dark Cocoa Powder	60+% Dark Chocolate
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PANTRY

Canned Tomato Products	Tomato Paste	Beans (Chickpeas, White, Black, Kidney)	Tahini
Coffee	Tea	Flaxseeds	Chia Seeds
Roasted Red Peppers	Popcorn Kernels	Honey	Stevia