

THE MEDITERRANEAN SHOPPING LIST

PROTEINS & DAIRY

- ☐ 2 6-oz skinless salmon fillets
- ☐ 1¼ lb boneless, skinless chicken thighs
- ☐ 1 lb ground chicken
- ☐ 1 carton low-sodium chicken broth (9 oz)
- ☐ 8 large eggs
- ☐ 1 container whole-milk plain yogurt (20 oz)
- ☐ 1 carton light (35%) whipping cream (9 oz)
- ☐ 5 oz halloumi cheese
- ☐ 1 small container full-fat feta cheese (2 oz)

VEGGIES & FRUITS

- ☐ 4 lemons
- ☐ 1 small banana
- ☐ 2 fresh or dried figs
- ☐ 1 pitted Medjool date
- ☐ 2 oz pitted Kalamata olives
- ☐ 2 5-oz BPA-free cans chickpeas
- ☐ 1 13.5-oz can lentils
- ☐ 1 14-oz can quartered artichoke hearts
- ☐ 1 zucchini
- ☐ 2 red onions
- ☐ 5 oz green beans
- ☐ 20 oz baby spinach
- ☐ 3 oz baby arugula
- ☐ 1 carrot
- ☐ 2 Lebanese cucumbers
- ☐ 1 bunch fresh flat-leaf parsley
- ☐ 1 bunch fresh mint
- ☐ 1 bunch fresh cilantro
- ☐ 1 bunch fresh dill
- ☐ 1 bunch fresh thyme
- ☐ 1 head garlic
- ☐ 4 red or orange bell peppers
- ☐ 8 oz sun-dried tomatoes
- ☐ 1 pint cherry or grape tomatoes

WHOLE GRAINS

- ☐ 2 10-inch spelt or whole-grain tortillas
- ☐ 1 container whole-wheat bread crumbs
- ☐ 1 bag whole-grain farro

NUTS, SEEDS & OILS

- ☐ 1 bag sunflower seeds
- ☐ 1 bag sesame seeds
- ☐ 1 bag chia seeds
- ☐ ½ oz toasted pine nuts
- ☐ ½ oz walnuts
- ☐ 1 jar all-natural cashew or almond butter
- ☐ 1 carton unsweetened plain almond, cashew or oat milk

PANTRY STAPLES

- ☐ 1 bottle za'atar
- ☐ 1 bottle olive oil
- ☐ 1 bottle red wine vinegar
- ☐ 1 jar tahini
- ☐ 1 bottle ground cumin
- ☐ 1 bottle ground coriander
- ☐ 1 bottle dried oregano
- ☐ 1 bottle red pepper flakes
- ☐ 1 bottle sea salt
- ☐ 1 bottle ground black pepper
- ☐ 1 jar Dijon mustard
- ☐ 1 jar harissa paste
- ☐ 1 bag arrowroot starch
- ☐ 1 can cocoa powder

Clean Eating