Mediterranean Diet Grocery List (7-Day Plan)

Check items you need. Adjust quantities to your household and preferences.

Produce

☐ Leafy greens (spinach, arugula)

☐ Tomatoes

☐ Cucumbers

☐ Bell peppers

☐ Onions

☐ Garlic

☐ Eggplant

☐ Zucchini

☐ Lemons

☐ Berries (strawberries, blueberries)

☐ Apples

☐ Pears

☐ Citrus (oranges, mandarins)

☐ Fresh herbs (basil, parsley, mint)

Proteins

☐ Salmon

☐ Cod or other white fish

☐ Shrimp

☐ Canned tuna (in water or olive oil)

☐ Chicken (breast or thighs)

☐ Ground turkey (for meatballs)

☐ Eggs

☐ Greek yogurt (plain)

☐ Cottage cheese

☐ Legumes: chickpeas, lentils, cannellini beans

Grains & Bakery

☐ Oats

☐ Quinoa

☐ Farro

☐ Bulgur

☐ Brown rice

☐ Whole-wheat pasta

☐ Whole-wheat pita

☐ Whole-wheat bread

☐ Couscous

☐ Whole-wheat baguette (optional)

Mediterranean Diet Grocery List (7-Day Plan)

Check items you need. Adjust quantities to your household and preferences.

Pantry & Flavor Kit

☐ Extra-virgin olive oil (EVOO)

☐ Canned tomatoes (diced or crushed)

☐ Olives

☐ Capers

☐ Vinegars (red wine, balsamic)

☐ Nuts: walnuts, almonds, pistachios

☐ Seeds: chia, sunflower, flaxseed

☐ Tahini

☐ Spices & herbs: oregano, rosemary, cumin, paprika, chili flakes

☐ Sea salt & black pepper

Snacks & Add-ons

☐ Hummus

☐ Tzatziki

☐ Dark chocolate (70–85% cocoa)

☐ Whole-grain crackers

Dairy or Alternatives (optional)

☐ Milk or unsweetened plant milk

☐ Unsweetened plant yogurt