

The Mediterranean Diet Shopping List

FOOD IS MOOD™ Mediterranean Diet Triad:

- (1) evidence-based health benefits of the Mediterranean diet.
- (2) soo delicious... the Mediterranean diet is so easy to follow – anyone can do it!
- (3) easy and light – lots of fruits, vegetables, and 8-12 ounces of any protein you like!

FOOD IS MOOD™ Trinity of Flavors:

- The olive oil is for health.
- The garlic, onions, olives, provides depth and body.
- Citrus, Fruits & Fresh Herbs gives lightens things up and provides 'pop.'

★ **EXTRA VIRGIN OLIVE OIL (EVOO)** is the foundation of the Mediterranean Diet - evidence-based for health. Look always for extra virgin for highest health-contributing polyphenols. Pick a smooth taste which you can enjoy using liberally in fresh foods, cooking, & baking.

“Evidence-based Health!”:

- Extra Virgin Olive Oil (EVOO) - bottle or large tin
 Vinegar - pick favorite

★ **FRESH VEGETABLES** are the core of the Mediterranean Diet - nutritious and filling.

“The Depth!”:

- Garlic - fresh or jarred - diced
 Onions - red/white/green/scallions/spring/leeks
 Olives - olive bar/package herbed medley/per taste

Everything else! (add seasonal too!):

- Asparagus Artichokes Beets
 Bell Peppers/Long Peppers Broccoli/Broccolini
 Cabbage Carrots Corn Cucumbers
 Eggplant Green & Yellow Beans *Leafy Greens
 Mushrooms Okra Peas Salads Spinach
 Squash / Pumpkin Swiss Chard Tomatoes
 Zucchini _____

★ **HERBS** makes the dishes light and come to life.

Substitute herbs for salts and fats.

“The Pop!”:

- Fresh Basil Fresh Italian Parsely (flat leaf = zest)
 Fresh Dill Fresh Mint Fresh or dried oregano
 Rosemary Paprika Dried Italian Spices

★ **FRUITS** adds sweetness and zing to so many dishes - nutritious and filling. Berries are daily flavanoids to put ontop of breakfast & salads.

“More Pop!” especially the Citrus:

- Apples Apricots Avocados
 Bananas *Berries (daily) Cherries
 Dates Figs Grapes
 *Lemons (organic so can eat) Limes (organic so can eat) Melons
 Oranges (organic so can eat) Peaches Persimmons Plums
 Pomegranates _____

★ **PROTEINS** Seafood with omega-3s are always wise, but add anything which your enjoy, in moderation. Fresh or frozen.

“Just add 8-12 ounces of your favorite protein!”:

- Flaky Softer Whitefish (cod, haddock, grouper, snapper)
 Salmon Varieties (& Smoked Lox) Firmer Fish (Tuna, Sea bass, Sword)
 Scallops Crab, shrimp, lobster Mussels (traditionally 'R' months only)
 Brazini / Sardines / Octopus/ Squid _____
real mediterranean varieties!
 Chicken & game hens Chicken Breasts Chicken Legs
 Pork Loin Pork Chop Pork Ribs Ham Pig
 Ground Pork Sausage Lamb Turkey Ground Turkey
 Ground Meat Steak Goat Veal Lunchmeats
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★ **NUTS** are protein-rich, full of antioxidants, and filling.

- Almonds Cashews Pecans Walnuts
 Pumpkin Seeds Sunflower Seeds Pinenuts Chestnuts

★ **BEANS / LEGUMES** protein packers. Some are much better, dried - read ahead on the recipes to decide!

- Chickpeas (Garbanzo beans) Lentils Split Pea Hummus
 White Beans (Cannellini) Black Beans (Fajoili Neri) Multicolor (Borlotti/Cranberry)
 Red Kidney Beans (Fajoili Rossi) Pinto Beans _____

★ **STARCHES & GRAINS** for fiber and sustinance. Make your own breads and baked goods! Try polenta and couscous often too.

- Flour (try varieteis) Yeast (or instant) Breads (pita / whole grains) Oatmeal
 Polenta Couscous Pasta / Orzo Rice
 Potatoes _____ _____ _____

★ **DAIRY & EGGS** always a staple for many dishes. Change it up and try sources other than cow - animal or vegetarian varieties!

- Yogurt (plain) (or make yourself) Milk (cow / goat/ sheep / soy / almond / rice) Eggs (organic/ free range)
 Cheeses (feta / ricotta / mozzarella/ provolone/ brie/ many) _____ _____

★ **STAPLES** Napkins/Paper Towels/TP Bags/Wrap

- Coffee/Tea Drinks Water Wine/Beer/Alcohol
 Protein Bars Cereal Chips/Popcorn Soup / Chix Stock
 Tofu / Edemame Pizza / Dough Ice Cream / Dessert
 PB / Jelly Condiments (try extra EVOO!) _____ _____

FOOD IS MOOD™

EASY MEDITERRANEAN & a 365 MEAL PLAN

MENTAL HEALTH & WELLNESS Now™

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The Mediterranean Diet 365 Meal Plan

EASY MEDITERRANEAN MEALS

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Needed Ingredients -> then Front Page Total !
You can also reference when shopping

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★ BREAKFAST

•Avocado Eggs

Coffee Cake

•Apricot Coffee Cake

Jams

•Lemon Jam

•Orange Jam

★ LUNCH

•Fresh Ahi Tuna Salad
with Herb Potato Salad

★ DINNER

•Lasagna with Freshest Tomatoes,
Basil, & Italian Parsely
•Spinakopita (Spinach Pie)

Chicken

•Chicken, Lemon & Olives + Polenta &
Swiss Chard

Fish

•Cod in Lemon Caper Sauce
•Cod in Orange Peppers, Potatoes
•Salmon & Orange

Shrimp, Crab, Scallops, Lobster, etc.

•Shrimp, Lemon & Olives
•Scallops, Spinach & Pasta
•Softshell Crab with Grapefruit
Mint Salad (& Shrimp variation)

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★ SALAD

•Watermelon & Feta Salad

★ BREAD

•Olive Bread

★ DESSERT

•Apple Pie Tart
•Blueberry Pie Tart
•Shortbread Cookies
•Shortbread Cookies + Candied Lemon

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