PRINTABLE

Mediterranean Grocery List

Fill your cart with plants, beans, whole grains, fish, nuts, and fermented foods. Check off what you need. Your culture's foods fit right in.

Vegetables and fruit

- [ ] Spinach, methi, or kale
- [ ] Broccoli, cauliflower, cabbage
- [ ] Tomatoes, peppers, onions
- [ ] Carrots, cucumbers, zucchini
- [ ] Frozen mixed vegetables
- [ ] Berries, oranges, apples, bananas

Beans and lentils

- [ ] Dal (toor, moong, masoor)
- [ ] Chickpeas (chana)
- [ ] Black or pinto beans
- [ ] Kidney beans (rajma)
- [ ] Canned beans, low-salt

Whole grains

- [ ] Oats
- [ ] Brown rice or millet
- [ ] Whole wheat atta / roti
- [ ] Corn tortillas
- [ ] Quinoa
- [ ] Whole-grain bread

Fish and protein

- [ ] Salmon or sardines (canned is fine)
- [ ] Mackerel or anchovies
- [ ] Eggs
- [ ] Chicken or turkey
- [ ] Tofu or paneer (small amounts)

Nuts, seeds, and oils

- [ ] Walnuts, almonds, peanuts
- [ ] Pumpkin or sunflower seeds
- [ ] Chia or flax seeds
- [ ] Extra virgin olive oil
- [ ] Avocado

Fermented and dairy

- [ ] Plain yogurt, dahi, or kefir
- [ ] Idli or dosa batter
- [ ] Kimchi or sauerkraut
- [ ] Milk
- [ ] Herbs and spices: turmeric, cumin, cilantro

Smart swaps

Indian kitchen

White rice	→	**Brown rice, millet, or half-and-half**
Maida naan or puri	→	**Whole wheat roti**
Fried samosa or pakora	→	**Roasted chana or sprouts chaat**
Sweet lassi or chai with sugar	→	**Plain chaas or less-sugar chai**
Lots of ghee	→	**A little olive or mustard oil**

Tex-Mex kitchen

Flour tortillas	→	**Corn tortillas**
Refried beans with lard	→	**Whole black or pinto beans**
Sour cream	→	**Plain Greek yogurt**
Chips	→	**Raw veggies with salsa or guacamole**
Soda or sweet agua fresca	→	**Water with lime or unsweetened agua fresca**

On an MAOI? Skip aged cheese, cured meats, and some fermented foods unless we say they are OK. On lithium? Keep salt steady.

My notes