

Mediterranean Diet

Shopping List

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A Mediterranean Diet Kitchen Overhaul

Transitioning to a healthier lifestyle may seem daunting, but with the right mindset and a well-stocked kitchen, it's simpler than you think. Let our comprehensive Mediterranean Diet shopping list serve as your roadmap, guiding you through the process of transforming your kitchen into a Mediterranean Diet friendly environment.

Whether you're a culinary novice or a seasoned chef, having the right tools and ingredients at your fingertips is crucial. This means stocking not just your pantry, but also your countertop, refrigerator, and freezer with healthful foods that align with the Mediterranean Diet.

The pace of your transformation is entirely up to you – radical changes or small steps, both are welcomed. Our Mediterranean Diet shopping list aims to provide a solid foundation for your journey. While we've focused on commonly used items, we encourage you to explore and experiment. Trying new grains or spices can lead to exciting culinary adventures, ensuring you never tire of your healthy menu.

Storage methods for these items will vary based on your location and storage duration. We provide general guidelines, but always refer to specific recommendations for each product. For instance, while some prefer storing grains and nuts in the freezer to prevent staleness, others who consume them quickly may not need to do so. Fresh herbs also have unique storage needs, which we discuss in [this post](#).

So, get ready to embrace a healthier lifestyle with our Mediterranean Diet shopping list. Transform your kitchen and kickstart your journey towards a healthier you!

Essential cooking tools

Basic cookware

Set of stainless-steel skillets, pans and
stockpot
Baking sheets

Cast iron Dutch oven
Cast iron skillet

Small appliances

Food processor	Blender
Kitchen scale	

Kitchen tools

Set of knives	Tongs
Cutting board	Colander
Can opener	Strainer
Vegetable peeler	Potholder
Measuring cups and spoons	Salad spinner
Mixing bowls	Parchment paper
Spatulas	Aluminum foil
Whisk	Plastic wrap

Pantry

Oils and vinegars

Olive oil	Red wine vinegar
Avocado oil	Balsamic vinegar

Spices

Kosher salt	Basil
Pepper	Bay leaves
Dijon mustard	Cayenne

Chili powder	Paprika
Cinnamon	Red pepper flakes
Coriander	Rosemary
Cumin	Thyme
Oregano	Vanilla extract

Grains

Barley	Oats
Brown rice	Quinoa
Bulgur	Whole wheat couscous
Farro	Whole wheat or legume pasta

Legumes (dried or canned)

Beans (white, black, red)	Lentils (red, brown, green, black)
Chickpeas (garbanzo beans)	

Nuts and seeds

Almonds	Pumpkin seeds
Walnuts	Flaxseed
Chia seeds	Peanut butter
Pistachios	Almond butter
Cashews	Tahini (sesame paste)
Sunflower seeds	

Dried fruit

Apricots	Cranberries
Raisins	Dates
Prunes	Figs
Cherries	

Canned/jarred goods

Olives	Anchovies
Capers	Canned tuna
Canned tomatoes	Canned salmon
Tomato paste	Canned clams
Tomato sauce	Canned artichokes
Sundried tomatoes	Vegetable broth

Dry goods

Whole wheat flour	Dark chocolate
Cacao powder	Maple syrup
Coconut flakes	Honey
Whole wheat panko breadcrumbs	

Storage containers

Freezer and microwave-proof storage containers

Refrigerator

Leafy greens	Eggs
Fruits and vegetables	Milk
Onions	Poultry
Greek yogurt	Hummus
Feta cheese	Mustard
Mozzarella	Whole grain bread
Parmesan	Fresh herbs

Freezer

Frozen fruit	Frozen fish
Frozen vegetables	Frozen shrimp

Countertop

Fruit	Tomatoes
Fresh herbs	Lemons
Garlic	