

Advanced Mediterranean Diet

Grocery Shopping List

www.AdvancedMediterraneanDiet.com

Grains

- | | | |
|---|---|---|
| <input type="checkbox"/> bread, whole grain | <input type="checkbox"/> brown rice | <input type="checkbox"/> pasta, whole wheat |
| <input type="checkbox"/> grape-nuts cereal | <input type="checkbox"/> tortilla, whole grain | <input type="checkbox"/> breakfast cereal, whole grain,
with at least 3 grams fiber
per 100 cal |
| <input type="checkbox"/> raisin bran cereal | <input type="checkbox"/> oats, dry, whole grain | |
| <input type="checkbox"/> Triscuit Original crackers | <input type="checkbox"/> Cheerios cereal | |
| <input type="checkbox"/> Ry Krisp Natural crackers | <input type="checkbox"/> shredded wheat cereal, plain | |

Vegetables

- | | | |
|---|---|---|
| <input type="checkbox"/> asparagus | <input type="checkbox"/> tomato sauce | <input type="checkbox"/> beans, dry or canned (kidney,
pinto, black-eyed peas,
lentils, white, lima, refried,
chickpeas) |
| <input type="checkbox"/> green beans | <input type="checkbox"/> winter squash | <input type="checkbox"/> vegetable juice |
| <input type="checkbox"/> beets | <input type="checkbox"/> spinach | <input type="checkbox"/> olives, black, ripe medium |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> summer squash | <input type="checkbox"/> olives, green, medium |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> collard greens | <input type="checkbox"/> water chestnut |
| <input type="checkbox"/> carrot | <input type="checkbox"/> turnip greens | <input type="checkbox"/> green peas |
| <input type="checkbox"/> cauliflower | <input type="checkbox"/> turnip | <input type="checkbox"/> tofu |
| <input type="checkbox"/> okra | <input type="checkbox"/> kale | |
| <input type="checkbox"/> onion | <input type="checkbox"/> sweet potato | |
| <input type="checkbox"/> tomato | <input type="checkbox"/> avocado | |
| <input type="checkbox"/> tomato paste | <input type="checkbox"/> mustard greens | |

Fruits

- | | | |
|--|--|--------------------------------------|
| <input type="checkbox"/> apple | <input type="checkbox"/> grapes | <input type="checkbox"/> grapefruit |
| <input type="checkbox"/> banana | <input type="checkbox"/> honeydew | <input type="checkbox"/> dates |
| <input type="checkbox"/> orange | <input type="checkbox"/> watermelon | <input type="checkbox"/> plum |
| <input type="checkbox"/> pomegranate | <input type="checkbox"/> applesauce, unsweetened | <input type="checkbox"/> fruit juice |
| <input type="checkbox"/> peach | <input type="checkbox"/> tangerine | <input type="checkbox"/> cherries |
| <input type="checkbox"/> berries (straw-, rasp-, blue-,
black-) | <input type="checkbox"/> raisins | <input type="checkbox"/> wine |
| | <input type="checkbox"/> cantaloupe | |

Fats

- | | | |
|--|--|--|
| <input type="checkbox"/> oil (olive, canola, flaxseed,
soybean) | <input type="checkbox"/> butter | <input type="checkbox"/> macadamia, peanut,
pistachio, soybean nuts,
walnut, pecan, sunflower,
pumpkin) |
| <input type="checkbox"/> salad dressing | <input type="checkbox"/> Miracle Whip Dressing | <input type="checkbox"/> peanut butter |
| <input type="checkbox"/> bacon bits | <input type="checkbox"/> Smart Balance Buttery Spread | |
| <input type="checkbox"/> mayonnaise | <input type="checkbox"/> nuts & seeds (almond,
butternut, cashew, hazelnut, | |

Milk Products

- | | | |
|--|---|--|
| <input type="checkbox"/> cheese, regular | <input type="checkbox"/> low-fat yogurt | <input type="checkbox"/> milk, skim or low-fat |
| <input type="checkbox"/> Parmesan cheese | <input type="checkbox"/> low-fat cottage cheese | |
| <input type="checkbox"/> cream cheese | <input type="checkbox"/> milk, whole | |

Meat - Chicken - Fish

- | | | |
|--|--|---|
| <input type="checkbox"/> beef, lean | <input type="checkbox"/> lobster | <input type="checkbox"/> fish (esp. albacore/white
tuna, herring, mackerel,
salmon, sardines, trout,
halibut, sea bass, swordfish) |
| <input type="checkbox"/> lean pork, lamb, veal, ham | <input type="checkbox"/> shrimp | |
| <input type="checkbox"/> chicken or turkey, light meat | <input type="checkbox"/> buffalo, deer, elk, wild rabbit,
ostrich, goat, squirrel | |
| <input type="checkbox"/> eggs | | |