MEDITERRANEAN DIET FOOD LIST

OLIVE OIL, OLIVES, VINEGARS
- Extra Virgin Olive Oil
- Olives
- Balsamic Vinegar
- Red Wine Vinegar

VEGETABLES
- Onions
- Garlic
- Potatoes
- Artichokes
- Zucchini
- Eggplant
- Squash
- Corn
- Cucumbers
- Broccoli
- Cauliflower
- Mushrooms
- Beets
- Carrots
- Celery
- Peppers
- Fennel
- Cabbage
- Leeks

HERBS & SPICES
- Parsley
- Oregano
- Basil
- Dill
- Thyme
- Sage
- Rosemary
- Mint
- Bay Leaves
- Salt
- Pepper
- Cumin
- Ginger
- Turmeric
- Saffron
- Paprika
- Cinnamon
- Cloves
- Red Pepper Flakes

GREENS
- Spinach
- Arugula
- Lettuce
- Kale
- Purslane
- Broccoli Rabe
- Beet Greens
- Collard Greens
- Dandelion Greens
- Mustard Greens
- Turnip Greens

WHOLE GRAINS, RICE & PASTA
- Whole Wheat
- Bulgur Wheat
- Quinoa
- Rice
- Orzo
- Pasta
- Barley

BEANS & LEGUMES
- Lentils
- Split Peas
- Broad Beans
- Chickpeas
- Kidney Beans
- Green Beans
- Black Beans
- Black Eyed Beans

FISH & SEAFOOD
- Sardines and Anchovies
- Salmon
- Sea Bass
- Cod
- Halibut
- Tuna
- Mussels and Clams
- Shrimps and Prawns

GRASS FED
- Grass Fed Beef
- Grass Fed Pork
- Grass Fed Chicken
- Organic Eggs

DRINKS
- Water
- Coffee
- Tea
- Wine
- Moonshine
- Fresh Juice

Fruit
- Grapes
- Tomatoes
- Lemons
- Oranges
- Grapefruit
- Apricots
- Apples
- Pears
- Pomegranate
- Cherries
- Avocado
- Watermelon
- Honeydew
- Peaches
- Strawberries
- Figs
- Kiwi

NUTS & SEEDS
- Pine Nuts
- Walnuts
- Almonds
- Chesnuts
- Sesame Seeds
- Pumpkin Seeds
- Sunflower Seeds
- Tahini

CHEESE & FERMENTED DAIRY
- Feta Cheese
- Mozzarella
- Parmesan
- Ricotta
- Yogurt

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