

# DR OZ'S MEDITERRANEAN DIET SHOPPING LIST

## CANNED

- Mushrooms
- Tomatoes
- Corn
- Beans
  - White
  - Pinto
  - Kidney
  - Green
  - Black
  - Navy
  - Red

## SEAFOOD & MEAT

- Chicken Thighs
- Lean Ground Beef
- Bone-In-Pork Chop
- Eye of Round/Hanger Steak
- Salmon, Tuna, Chicken  
(in can or pouch)

## FROZEN

- Broccoli
- Peppers
- Peas
- Squash
- Spinach
- Zucchini
- Carrots
- Kale
- Onions
- Collard Greens
- Berries
  - Blueberries
  - Strawberries
  - Cranberries
  - Raspberries
  - Blackberries

## PASTA & GRAINS & STARCHES

- Potatoes
- Whole Wheat Pasta
- Whole Wheat Tortillas

## DRIED

- Lentils
- Barley
- Oatmeal
- Brown Rice

## DAIRY & CHEESE

- 2% Milk
- Eggs
- Greek Yogurt
- Cheeses  
(Part-Skim Mozzarella or Parmesan)

## NUTS & OILS

- Extra Virgin Olive Oil
- Canola Oil (for cooking)
- Nuts (buy in bulk or on sale)
  - Almonds
  - Brazil
  - Walnuts
  - Pistachio
  - Hazelnut

## SPICES

(optional)

- Italian Spice Mix
- Chili Powder
- Cumin
- Garlic  
(whole or powdered)