



CHOMP SHOPPER

MEDITERRANEAN GROCERY LIST

FREE PRINTABLE

MEDITERRANEAN DIET

ABOUT 7 DAYS

2 ADULTS

WEEK OF _____

PRODUCE

13

- ☐ Cherry tomatoes 2 pints
- ☐ Cucumbers 2
- ☐ Baby spinach 1 bag (5 oz)
- ☐ Zucchini 2
- ☐ Eggplant 1
- ☐ Bell peppers 3
- ☐ Red onions 2
- ☐ Garlic 1 head
- ☐ Lemons 4
- ☐ Fresh parsley 1 bunch
- ☐ Oranges 4
- ☐ Grapes 1 lb
- ☐ Hummus 10 oz

MEAT & SEAFOOD

2

- ☐ Salmon fillets 1 lb
- ☐ Chicken thighs 2 lbs

DAIRY & EGGS

3

- ☐ Plain Greek yogurt 32 oz
- ☐ Feta cheese 6 oz
- ☐ Eggs 1 dozen

PANTRY

5

- ☐ Whole-wheat pasta 1 lb
- ☐ Farro or bulgur 1 lb
- ☐ Extra-virgin olive oil 1 bottle (if low)
- ☐ Lentils 1 lb
- ☐ Unsalted almonds 8 oz

BAKERY

1

- ☐ Whole-wheat pita 1 pack

FROZEN

1

- ☐ Frozen shrimp 1 lb bag

CANNED & JARRED

4

- ☐ Canned chickpeas 2 cans
- ☐ Canned white beans 1 can
- ☐ Crushed tomatoes 1 can (28 oz)
- ☐ Kalamata olives 1 jar

LIMIT

- Red and processed meat (small amounts)
- Sugary drinks and sweets
- Refined snacks like chips and crackers
- Butter as an everyday cooking fat

EASY SWAPS

- ~~Butter~~ → Olive oil
- ~~Chicken thighs~~ → Chicken breasts
- ~~Fresh fish~~ → Frozen salmon or shrimp
- ~~Oranges, grapes~~ → Apples or berries

MEDITERRANEAN PANTRY STAPLES

- ☐ Extra-virgin olive oil
- ☐ Dried or canned lentils
- ☐ Farro or bulgur
- ☐ Tuna or sardines in olive oil
- ☐ Tahini
- ☐ Za'atar spice blend
- ☐ Canned white beans
- ☐ Kalamata olives
- ☐ Red wine vinegar
- ☐ Whole-wheat pasta
- ☐ Brown rice or couscous
- ☐ Almonds or walnuts
- ☐ Oregano, cumin, chili flakes
- ☐ Canned chickpeas
- ☐ Crushed and diced tomatoes
- ☐ Jarred roasted red peppers

SHOPPING TIPS

- Buy a big bottle of olive oil**
Cheaper per ounce, and you'll use it for cooking, roasting and dressings.
- Stock canned beans**
Aim for at least two kinds a week. They last for months.
- Buy seafood frozen**
Often cheaper and just as easy to cook.
- Shop the season**
Pick produce that's in season or on sale.
- Small packs, big flavor**
Feta, olives and herbs usually last a week.
- Keep herbs in water**
Store the bunch in the fridge and use it within a few days.