

# Mediterranean Basics

## Your Wondr “essentials” grocery guide

Make meal planning for Mediterranean-style recipes a cinch with this budget-friendly kitchen basics grocery list.

Take this list with you on your next grocery run and consider picking 2-3 favorites from each category. Have fun trying new options!



### Produce

#### Array of fruits:

(great for a naturally sweet meal finisher):

- |                                      |                                     |                                       |
|--------------------------------------|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> apples      | <input type="checkbox"/> grapes     | <input type="checkbox"/> peaches      |
| <input type="checkbox"/> apricots    | <input type="checkbox"/> lemons     | <input type="checkbox"/> pears        |
| <input type="checkbox"/> blueberries | <input type="checkbox"/> limes      | <input type="checkbox"/> pomegranates |
| <input type="checkbox"/> cherries    | <input type="checkbox"/> melons     | <input type="checkbox"/> strawberries |
| <input type="checkbox"/> dates       | <input type="checkbox"/> nectarines | <input type="checkbox"/> tangerines   |
| <input type="checkbox"/> grapefruits | <input type="checkbox"/> oranges    |                                       |

#### Variety of veggies:

(eat the rainbow - the more colors, the more benefits!):

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> bell peppers | <input type="checkbox"/> spinach  |
| <input type="checkbox"/> cucumbers    | <input type="checkbox"/> tomatoes |
| <input type="checkbox"/> eggplants    |                                   |
| <input type="checkbox"/> kale         |                                   |
| <input type="checkbox"/> red onions   |                                   |

**Tip:** Choosing in-season fruits gets you fresher flavors and better prices. For example, melons and berries in the summer, pears in the fall, apples and bananas in winter and spring.

### Proteins (fresh, frozen, or canned - go for what makes sense for you)

- |   |   |
|---|---|
| <input type="checkbox"/> cheese (consider reduced-fat feta, mozzarella, Parmesan) | <input type="checkbox"/> reduced-fat yogurt |
| <input type="checkbox"/> chicken  | <input type="checkbox"/> salmon             |
| <input type="checkbox"/> eggs   | <input type="checkbox"/> sardines           |
| <input type="checkbox"/> lean cuts of red meat                                    | <input type="checkbox"/> shrimp             |
| <input type="checkbox"/> mackerel   | <input type="checkbox"/> tuna               |

**Tip:** Consider aiming for about 2 servings of fish per week to get the benefits of heart-healthy omega-3s.



## Legumes (filling foods that are great sources of protein and fiber)

- beans (black, canellini, navy, adzuki, lima, mung, fava, soy, edamame)
- chickpeas
- lentils
- peas (green or black-eyed)

Tip: Canned, dried, fresh, or frozen are all nutritious options.



## Whole grains (high fiber, filling, nutrient-rich)

- barley
- farro
- oats
- quinoa
- rice (brown, wild)
- shredded-wheat cereals
- tabbouleh
- whole-grain bread
- whole-wheat couscous

Fun Fact: Whole grains can be secret sources of protein!



## Fats

### Oils:

(for cooking, dressings, and marinades):

- canola oil
- extra-virgin olive oil
- olives
- sesame oil

### Nuts and seeds:

(add crunch and healthy fats to your meals):

- almonds
- cashews
- chia seeds
- flaxseeds
- pine nuts
- pistachios
- sunflower seeds
- walnuts



## Flavor Enhancers (fresh herbs can help enhance flavor, but dried are great, too)

### Herbs and spices:

(fresh herbs can help enhance flavor, but dried are great, too):

- basil
- cardamom
- cilantro
- cumin
- curry
- dried chiles
- garlic
- mint
- oregano
- paprika
- parsley
- rosemary
- sage
- thyme
- turmeric

### Vinegars:

- balsamic vinegar
- red wine vinegar
- white wine vinegar

### Tips:

- Feel free to customize this list with items based on favorite cultural foods and dietary needs.
- Buying in bulk can help save some dollars and keep you well-stocked for longer.
- Canned, dried, and frozen options can often be less expensive, have a longer shelf life, and provide equal nutritional value as fresh options.