



Fresh Weekly Shopping List



FRUITS

- ☐ Oranges
- ☐ Lemons
- ☐ Apples
- ☐ Seasonal Berries



VEGETABLES

- ☐ Tomatoes
- ☐ Cucumbers
- ☐ Zucchini
- ☐ Eggplant
- ☐ Spinach
- ☐ Bell Peppers
- ☐ Onions
- ☐ Garlic



FRESH HERBS

- ☐ Parsley
- ☐ Basil
- ☐ Mint



PROTEIN

- ☐ Chicken
- ☐ Fresh Fish
- ☐ Eggs
- ☐ Greek Yogurt



EXTRAS

- ☐ Olives
- ☐ Avocados
- ☐ Sourdough Bread

MEDITERRANEAN PANTRY ESSENTIALS



EXTRA VIRGIN
OLIVE OIL



GARLIC



TOMATOES



CHICKPEAS



OREGANO

“

*Mediterranean living begins with simple ingredients,
shared meals and slowing down.*

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