## Mediterranean Grocery List

### Non Perishable Staples to Keep in Your Pantry
- Olives
- Extra Virgin Olive Oil
- Roasted Red Peppers
- Canned Tuna
- Atlantic Mackerel
- Wild Caught Alaskan Salmon
- Sardines (Pacific wild caught)
- Legumes (dried or canned)
- Pasta (whole grain is best)
- Rice (brown is best)
- Dried Herbs and Spices
- Dark Chocolate for a sweet treat
- Nuts

### Fresh Items
- Olives (fresh)
- Feta Cheese
- Poultry
- Lemons
- Plain Greek Yogurt
- Cucumbers
- Garlic
- Avocado
- Fresh herbs (mint, dill, parsley)
- Lamb
- Wild Caught Alaskan Salmon or Freshwater Coho Salmon, Cod, Atlantic Mackerel.
- Seafood- Whatever you like
- Eggs- try to get local or at least pasture raised.
- Veggies for roasting (Zucchini, yellow squash, eggplant, peppers, onions, tomatoes, green onions)