

Vegetables

- Arugula
- Beets (with beet greens)
- Bell Peppers
- Broccoli , broccolini , broccoli rabe
- Cauliflower
- Chard (Rainbow and Swiss)
- Cucumber (Persian or other thin skinned)
- Eggplant
- Fennel
- Garlic
- Green beans
- Lacinato kale
- Onions, shallots
- Potatoes (Yukon and sweet)
- Spinach
- Summer squash
- Winter Squash: acorn, butternut, kabocha
- Zucchini

Fruits

- Berries
- Citrus (lemons, orange,)
- Figs
- Tomatoes (cherry, heirloom, roma)
- Stone fruit (nectarines, peaches, plums)
- Melons (cantaloupe, honeydew, watermelon)
- Pomegranate



WEEKNIGHT MEDITERRANEAN

SHOPPING LIST

Proteins

- Branzino
- Chicken (thighs, breast, and/or boneless/skinless)
- Clams
- Lamb (cubed, ground)
- Mussels
- Salmon
- Shrimp

Dairy

- Eggs
- Feta cheese
- Ghee
- Halloumi cheese
- Labneh
- Mozzarella
- Parmigiano reggiano
- Sheep's milk cheese (Manchego, pecorino)
- Whole milk yogurt (Greek and regular)

Oils & Fats

- Avocado oil
- Extra Virgin Olive Oil
- Ghee
- Grape seed oil

Grains & Pulses

- Beans (garbanzo, white)
- Basmati rice
- Couscous
- Farro
- Jasmine rice
- Orzo
- Pasta (linguini, bucatini, penne)
- Pearl couscous
- Quinoa
- Red lentils

Pantry Staples

- Canned tomatoes (diced, puréed, whole)
- Capers
- Low sodium stock (chicken, vegetable)
- Olives (castalveltrano, kalamata)
- Tahini
- Tomato paste
- Vinegar (apple cider, balsamic, red wine)

Fresh Herbs

- Cilantro
- Dill
- Mint
- Green onions
- Oregano
- Parsley
- Rosemary
- Thyme

Nuts & Seeds

- Almonds (whole, sliced, slivered)
- Hazelnuts
- Pine nuts
- Pistachios
- Sesame seeds
- Walnuts

Specialty Items

- Aged balsamic
- Harissa
- Orange blossom water
- Persian dried limes
- Pomegranate molasses
- Preserved lemons
- Rose water
- Saffron

WEEKNIGHT MEDITERRANEAN RECIPES

3 RECIPES TO GET YOU STARTED
(CLICK ON THE TITLE TO GET THE RECIPE!)



Citrus Chicken with Olive Oil

Chicken + Citrus + Olive Oil + Turmeric + Herbs

Israeli Chopped Salad

Tomatoes + Cucumber + Olive oil + Mint



One Pot Lemon Chicken with Chickpeas

Chicken Thighs + Lemon + Chickpeas + Parsley