



# MEDITERRANEAN DIET SHOPPING LIST

## GRAINS

Choose mostly whole grain choices. These contain the word "whole" as the first ingredient. Ex: "whole wheat."

- Pasta  \_\_\_\_\_
- Bread  \_\_\_\_\_
- Rice  \_\_\_\_\_
- Polenta  \_\_\_\_\_
- Cereals  \_\_\_\_\_
- Oatmeal  \_\_\_\_\_
- Crackers  \_\_\_\_\_
- Couscous  \_\_\_\_\_
- Bulgur  \_\_\_\_\_
- Pita  \_\_\_\_\_
- Barley  \_\_\_\_\_

## SEAFOOD

Salmon and other oily fish contain healthy Omega-3s.

- Salmon  \_\_\_\_\_
- Shrimp  \_\_\_\_\_
- Cod  \_\_\_\_\_
- Scallops  \_\_\_\_\_
- Clams  \_\_\_\_\_
- Tilapia  \_\_\_\_\_
- Tuna  \_\_\_\_\_
- Crab  \_\_\_\_\_

## HEALTHY OILS/FATS

Store oils in a cool, dark place to make them last longer.

- Olive (Extra-Virgin)  \_\_\_\_\_
- Avocado  \_\_\_\_\_
- Canola  \_\_\_\_\_
- Grape seed  \_\_\_\_\_

## HERBS AND SPICES

Fresh herbs and spices add flavor without adding fat or salt.

- Garlic  \_\_\_\_\_
- Basil  \_\_\_\_\_
- Cilantro  \_\_\_\_\_
- Parsley  \_\_\_\_\_
- Mint  \_\_\_\_\_
- Cumin  \_\_\_\_\_
- Coriander  \_\_\_\_\_
- Oregano  \_\_\_\_\_

## BEANS

Beans add fiber and protein to meal. Eat them in place of red meat at least once a week.

- Chickpeas (Garbanzo)  \_\_\_\_\_
- Hummus  \_\_\_\_\_
- White (Cannellini)  \_\_\_\_\_
- Black  \_\_\_\_\_
- Pinto  \_\_\_\_\_
- Lentil  \_\_\_\_\_

## DAIRY/EGGS

- Low-fat milk  \_\_\_\_\_
- Yogurt  \_\_\_\_\_
- Cheese  \_\_\_\_\_
- Eggs  \_\_\_\_\_

## NUTS AND SEEDS

Both are a source of protein, fiber, and healthy fats.

Stick to a handful a day because they are high in calories.

- Walnuts  \_\_\_\_\_
- Almonds  \_\_\_\_\_
- Peanuts  \_\_\_\_\_
- Pine nuts  \_\_\_\_\_
- Cashews  \_\_\_\_\_
- Sunflower seeds  \_\_\_\_\_
- Flax  \_\_\_\_\_

## FRUITS

Fresh fruits are important for weight control and good health. Frozen fruit and canned varieties without added sugars are also good choices.

- Apples  \_\_\_\_\_
- Bananas  \_\_\_\_\_
- Grapes  \_\_\_\_\_
- Oranges  \_\_\_\_\_
- Cherries  \_\_\_\_\_
- Blueberries  \_\_\_\_\_
- Kiwis  \_\_\_\_\_
- Strawberries  \_\_\_\_\_
- Pomegranate  \_\_\_\_\_
- Plums  \_\_\_\_\_
- Peaches  \_\_\_\_\_
- Avocados  \_\_\_\_\_

## VEGETABLES

Fresh veggies are important for weight control and good health.

Frozen and low-sodium canned veggies are also good choices.

- Tomatoes (fresh, canned, and sauce)  \_\_\_\_\_
- Broccoli  \_\_\_\_\_
- Spinach  \_\_\_\_\_
- Carrots  \_\_\_\_\_
- Red / Green Peppers  \_\_\_\_\_
- Mushrooms  \_\_\_\_\_
- Green beans  \_\_\_\_\_
- Eggplant  \_\_\_\_\_
- Zucchini  \_\_\_\_\_
- Squash  \_\_\_\_\_
- Olives  \_\_\_\_\_
- Onions  \_\_\_\_\_
- Peas  \_\_\_\_\_

## MISCELLANEOUS

Include other pantry essentials and home goods, like cleaning supplies, so you don't forget!

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# Mediterranean Garlic Chicken

by: Kim Larson, registered dietitian nutritionist

## PREP TIME

20 minutes  
+ 6 hours for  
marinating

## BAKE TIME

25 minutes

## SERVES

4

## INGREDIENTS

### Chicken and Vegetables

- 4 medium boneless, skinless chicken breasts
- 3 peppers (one yellow, one orange, one red)
- 1 large onion
- ½ teaspoon dried marjoram
- Feta cheese
- Fresh parsley
- 1/3 cup pitted Kalamata olives, drained
- 2 tablespoons olive oil
- 1 tablespoon lemon juice

### Marinade

- 2-3 lemons, juiced
- 3 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon dried marjoram
- 1/8th teaspoon crushed red pepper flakes

## DIRECTIONS

1. Combine ¼ cup lemon juice, 3 Tbsp. olive oil, 1 tsp. marjoram, 1/8 tsp. crushed red pepper and minced garlic in a bowl. Whisk for one minute.
2. Pound chicken breasts to an even thickness between two sheets of wax paper.
3. Place chicken breasts in a plastic bag or sealable container and pour the marinade over the chicken. Let chicken marinate for at least 6 hours in the refrigerator. Never marinate on the counter.
4. Wash and slice the peppers and onions into half inch strips. Keep separate from raw chicken.
5. Add olive oil to a large sauté pan. Pour in cut onions and peppers.
6. Sprinkle with ½ tsp. marjoram. Sauté on medium heat until onions caramelize and peppers brown slightly, stirring often. Set aside.
7. Add olive oil to sauté pan. Brown marinated chicken.
8. Spread onion and pepper mixture onto a large, lightly greased roasting pan. Top mixture with 1/3 cup Kalamata olives, drained.
9. Place each chicken breast on top of pepper & onion mixture in the roasting pan, leaving space between each breast.
10. Drizzle contents of the entire pan with 1 Tbsp. olive oil and 1 Tbsp. fresh lemon juice.
11. Place pan into a preheated, 400°F oven covered tightly with foil and bake for 25 minutes.
12. Use a food thermometer to make sure chicken is 165°F.
13. Remove and sprinkle with feta cheese and chopped fresh parsley before serving. Serve over whole wheat pasta, brown rice or whole wheat couscous.



Watch Kim Larson make this recipe at [homefoodsafety.org/video](http://homefoodsafety.org/video)

“This nutrient-packed dish makes its own deep and flavorful sauce while baking in the oven. It’s perfect for serving over whole wheat pasta, brown rice or whole wheat couscous for a delicious and satisfying meal.”

— Kim Larson,  
registered dietitian nutritionist



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