



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



Watch Kim Larson make this recipe at homefoodsafety.org/video

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

- 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.
- Pound chicken breasts to an even thickness between two sheets of wax paper.
- 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.
- Wash and slice the peppers and onions into half inch strips. Keep separate from raw chicken.
- Add olive oil to a large sauté pan. Pour in cut onions and peppers.
- Sprinkle with ½ tsp. marjoram. Sauté on medium heat until onions caramelize and peppers brown slightly, stirring often. Set aside.
- Add olive oil to sauté pan. Brown marinated chicken.
- Spread onion and pepper mixture onto a large, lightly greased roasting pan. Top mixture with 1/3 cup Kalamata olives, drained.
- Place each chicken breast on top of pepper & onion mixture in the roasting pan, leaving space between each breast.
- Drizzle contents of the entire pan with 1 Tbsp. olive oil and 1 Tbsp. fresh lemon juice.
- Place pan into a preheated, 400°F oven covered tightly with foil and bake for 25 minutes.
- Use a food thermometer to make sure chicken is 165°F.
- Remove and sprinkle with feta cheese and chopped fresh parsley before serving. Serve over whole wheat pasta, brown rice or whole wheat couscous.

“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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