

Mediterranean Diet Pantry Guide *for* Summer

What to Stock for Quick, Healthy Meals



Whole Grains & Pasta

Quinoa, farro
whole wheat couscous
orzo, whole wheat pasta



Legumes

Chickpeas
Lentils
white beans



Healthy Fats

Olive oil
Olives
Nuts and seeds



Herbs & Spices

Oregano, basil
Za'atar, cumin



Canned & Jarred Goods

Tomatoes, roasted
red peppers, capers



Vinegars & Condiments

Red wine vinegar, tahini
Dijon mustard



Mediterranean Diet Pantry Checklist

☐ Whole Grains & Pasta

Quinoa
Farro, whole wheat couscous
Orzo, whole wheat pasta

☐ Legumes

Chickpeas
Lentils, white beans

☐ Healthy Fats

Olive oil
Nuts and seeds

☐ Herbs & Spices

Oregano, basil
Za'atar, cumin

☐ Vinegars

Tomatoes
Cucumbers
Herbs
Greens

☐ Fresh Staples

Tomatoes
Cucumbers
Herbs
Greens

