

Mediterranean Meal Plan to Lower Cholesterol

Shopping List

Pantry Staples

Check your pantry for these items before shopping.

- Olive oil
- Salt & kosher salt
- Ground black pepper
- 2½ cups old-fashioned rolled oats
- 1 ⅔ cups quinoa
- 1 cup brown rice
- 1 slice whole-wheat bread
- ⅓ cup pecans
- 4 Tbsp. chopped walnuts
- 3 Tbsp. unsalted sunflower seeds
- 3 Tbsp. red-wine vinegar
- 3 Tbsp. cider vinegar
- 2 Tbsp. tomato paste
- 5 tsp. maple syrup
- 2 tsp. whole-grain mustard
- 1 tsp. Dijon mustard
- 1 tsp. cornstarch

Canned, Bottled & Dried Goods

- 1 (32-oz.) carton unsalted chicken stock
- 1 (16-oz.) bag dried chickpeas
- 2 (15-oz.) cans low-sodium cannellini beans
- 1 (15-oz.) can no-salt-added diced tomatoes, preferably fire-roasted
- 1 (15-oz.) can no-salt-added chickpeas
- 1 (1-lb.) box whole-grain spaghetti
- 1 bottle white wine (Tip: you need ¾ cup total. If you won't use a whole bottle, look for a can of white wine instead.)
- 1 (14-oz.) can artichoke hearts
- 1 (8-oz.) jar pitted oil-cured olives
- 1 (2.5-oz.) bag toasted pumpkin seeds

Dried Herbs & Spices

- 7½ tsp. ground cumin
- 4 tsp. paprika
- 2 tsp. chili powder
- 2 tsp. everything bagel seasoning
- 1½ tsp. dried marjoram
- ½ tsp. garlic powder
- ½ tsp. cayenne pepper
- ½ tsp. dry mustard
- ½ tsp. dried tarragon
- ¼ tsp. ground allspice
- 1¼ tsp. ground cinnamon
- 1 bay leaf

Tip: Purchase spices you don't think you will use very often in the bulk section of the grocery store to save money and cabinet space.

Dairy Items

- 1 (32-oz.) container nonfat plain Greek yogurt
- 1 (4-oz.) container feta cheese
- 1 (6-oz.) container grated Parmesan cheese

Refrigerator & Freezer Items

- 1 (32-oz.) carton unsweetened almond milk

Meat, Poultry & Fish

- 2 pounds bone-in, skinless chicken thighs
- 1 pound boneless, skinless chicken breast
- 1 pound boneless, skinless chicken thighs
- 1¼ pounds center-cut salmon fillet
- 1¼ pounds extra-large raw shrimp (16-20 count)
- 1 (12-oz.) package sweet or hot Italian turkey sausage

Produce

- 6 apples
- 6 clementines
- 4 lemons
- 1 lime
- 2 small peaches
- 2 medium pears
- 1 medium orange
- 3 (6-oz.) containers blackberries
- 1 (6-oz.) container raspberries
- 4 (5-oz.) bags baby spinach
- 1 (5 oz.) container baby arugula
- 1 (5 oz.) container mixed greens
- 2 bunches kale
- 1 bunch flat-leaf parsley
- 1 bunch basil
- 1 head cabbage
- 1 lb. small beets
- 1 lb. Yukon Gold potatoes
- 2 (12-oz.) containers cherry tomatoes
- 1 (12-oz.) bag fresh riced cauliflower
- 6 bell peppers
- 3 cucumbers
- 3 heads garlic
- 2 yellow onions
- 1 small red onion
- 1 avocado
- 1 shallot
- 1 sweet potato
- 1 bunch scallions

