

Build Mediterranean Meals with Affordable Ingredients

SUNCOAST SHOPPING LIST



PRODUCE

- Spinach or leafy greens
- Avocado
- Berries (fresh or frozen)
- Bananas
- Sweet potatoes
- Cucumbers
- Bell peppers
- Tomatoes



BULK BIN STAPLES

- Lentils and beans
- Oats
- Brown rice, farro, or quinoa
- Nuts (walnuts, almonds)
- Pumpkin seeds



PROTEIN + CALCIUM FOODS

- Eggs
- Greek yogurt
- Tofu or tempeh
- Salmon



PANTRY / FLAVOR BOOSTERS

- Olive Oil
- Iodized Salt
- Garlic
- Lemon
- Dried herbs (oregano, basil)
- Vinegar (balsamic or red wine)



WHOLE GRAINS

- Whole-grain bread
- Whole-grain tortillas or pita
- Brown rice, farro, or quinoa
- Whole-grain cereal

Keep It Realistic

You do not need to buy everything at once. Start with a few items and build from there.

