



## Mediterranean Shopping List

- Australian Extra Virgin olive oil & olives
- Unsalted raw mixed nuts
- Tomatoes
- Dark green leafy vegetables
- Eggplant and capsicum
- Chickpeas, legumes and lentils
- Fish and shellfish
- Onion & garlic
- Greek yoghurt, fetta cheese
- Lemon
- Basil, oregano, rosemary & thyme

