

Grocery Shopping List  
for the  
**Ketogenic Mediterranean Diet & Low-Carb Mediterranean Diet**

[www.DiabeticMediterraneanDiet.com](http://www.DiabeticMediterraneanDiet.com)

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***Part 1: Ketogenic Mediterranean Diet***

**Meat and Fish**

meat, fish, chicken, turkey, eggs, shrimp, lobster, pork skins

**Olive oil**

virgin and/or extra virgin

**Nuts and Seeds**

almonds, walnuts, pecans, Brazilnuts, hazelnuts (filberts), macadamia nuts, peanuts, Spanish peanuts, pistachios, pine nuts, sunflower seeds, pumpkin seeds in shells

**Vegetables and Fruits**

lettuce, mushrooms, radishes, spinach, alfalfa sprouts, cucumber, tomato, scallions, parsley, jicama, arugula, endive, radicchio, chard, sweet peppers, avocado, olives (pickled green or ripe black), pickles (dill or sour, not sweet or "bread and butter"), snow peas, broccoli, summer squash, onion, cauliflower, eggplant, Brussels sprouts, asparagus, okra, sauerkraut, green beans

**Wine and Other Alcohols**

red wine (e.g., burgundy, cabernet sauvignon, or merlot), white wine (e.g., sauvignon blanc, reisling, pinot grigio), distilled spirits (80 proof whiskey, rum, vodka, gin), beer (must have under 10 grams of carb per 12 fl oz)

**Cheese**

real, regular cheese (not low-fat): mozzarella, provolone, Swiss, cheddar, blue, Monterey, Colby, brie, Parmesan, feta, gouda, ricotta, cottage

**Oils and Spices**

butter, plant oils, olive oil, vinegar (cider, red wine, or distilled, but not balsamic), salt, pepper, genuine mayonnaise, yellow mustard, paprika, cumin, turmeric, cinnamon, ginger (raw root or ground spice), coriander, anise, Spanish saffron, lemon or lime juice, mint, parsley, garlic, dill pepper, and sumac

**Miscellaneous**

water, tea, coffee, cream or high-fat half-and-half, dark chocolate (65-85% cacao)

## ***Part 2: Low-Carb Mediterranean Diet***

(additions to Part 1)

### **Fruits**

apple, banana, peach, strawberries, raspberries, blackberries, cantaloupe, honeydew, navel orange, pear, pomegranate, tangerine, grapefruit, sweet raw cherries, grapes, seedless raisins, nectarine, mango, raw pineapple, lime/lemon juice, limes, watermelon

### **Vegetables**

white potato, corn, carrots, sweet potato, canned beets, green peas, spaghetti squash

### **Legumes**

peas, black-eyed peas (cowpeas), soybeans, beans (black, kidney, navy, pinto, white, fava, chickpeas/garbanzo)

### **Yogurt and Milk Products**

plain yogurt from whole milk, whole milk, 1% milkfat milk, Fage Greek "total 2%" yogurt, Voskos plain original Greek yogurt

### **Grains**

whole wheat bread, Ezekial 4:19 bread, 100% whole grain pasta, Ry-Krisp crackers, Triscuit crackers, whole wheat crackers, 8" whole grain tortilla by Mission, whole grain oats, steel-cut oats, brown rice, quinoa, pearled barley, shredded wheat (plain, sugar-free), FiberOne original plain cereal, Kellogg's All-Bran original or All-Bran Bran Buds