

The Mediterranean-Friendly Pantry

Shelf-Stable Pantry Shopping List

Vegetables

- Canned/Jarred Tomatoes
- Canned/Jarred Roasted Red Peppers
- Canned/Jarred Artichokes
- Canned/Jarred Olives

Fruits

- Canned/Jarred Peaches, Pears, Oranges in 100% Fruit Juice
- Dried Cranberries, Dates, Apricots

Proteins

- Canned/Pouched Salmon and Tuna in water
- Unsalted Nuts (Almonds, Walnuts, etc)
- Unsalted Seeds (Sunflower, Sesame, Chia, etc)
- Nuts Butters (Almond, Peanut, etc)
- Dried/Canned Beans (Black, Pinto, Kidney, Garbanzo, etc)
- Dried Lentils

Whole Grains

- Quinoa
- Bulgur
- Whole Wheat Pasta
- Brown Rice or Wild Rice
- Whole Wheat Bread
- Whole Wheat Crackers

Condiments

- Honey
- Extra Virgin Olive Oil
- Balsamic Vinegar
- Tahini

Herbs & Spices

- Basil
- Bay Leaves
- Black Pepper
- Cardamom
- Cayenne Pepper
- Cinnamon
- Coriander
- Cumin
- Dill
- Garlic Powder
- Ginger
- Onion Powder
- Oregano
- Paprika
- Rosemary
- Sage
- Salt
- Sumac
- Thyme
- Turmeric

Mediterranean Pantry Snacks

- Nut Butter on Whole Wheat Toasted Bread
- Whole Wheat Bread and Za'atar Spiced Olive Oil For Dipping
- Canned Salmon or Tuna on Whole Wheat Crackers
- Dried Fruit and Almond Trail Mix

Mediterranean Pantry Recipes

- 1/8 cup olive oil (*per serving*)
- 1 tsp dried thyme
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp sesame seeds
- 1 tsp ground sumac
- 1/4 tsp salt

Blend all spices together in a small bowl. Store in an airtight container. To serve, mix 1 tsp of Za'atar spice blend to 1/8 cup of olive oil and mix well. Dip with whole wheat crusty bread for a great snack or appetizer. Makes 5 servings.

Za'atar Dipping Oil



Greek Pasta Salad



- 1 1/2 cups (dry weight) whole wheat rotini pasta
- 1/4 cup kalmata olives, quartered
- 1/2 cup canned diced tomatoes, drained
- 1/2 cup canned black beans, drained and rinsed
- 3 Tbsp olive oil
- 1/4 tsp salt
- 1 tsp oregano
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp black pepper
- 1/4 tsp paprika

Boil noodles and cool in the fridge. Whisk together the olive oil and herbs/spices. In a bowl, add pasta, olives, tomatoes, and beans. Pour the olive oil mixture into the bowl and stir pasta gently to combine. Chill for at least 2 hours before serving. Makes 4 servings.

2 Tips To Keep Your Food Lasting Even Longer

- Freeze bread upon purchase and thaw what you will use for the week. Bread can typically last up to 5-7 days on the shelf.
- Buy nuts in bulk to save money. Take out what you need for the week and freeze the rest. Nuts can last anywhere up to 6-9 months on the shelf depending on the type of nut.

Want to know more about the Mediterranean diet? Book your **FREE** 15-minute discovery call to learn more about my services.

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