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Mediterranean Grocery List

COLD FRUITS

Apple, Avocado, Banana, Blackberry, Blueberry, Grape, Kalamata Olive, Kiwi, Lemon, Lime, Orange, Pear, Plum, Pomegranate, Raspberry, Strawberry, Watermelon

HOT FRUITS

Apricot, Black Olive, Cantaloupe, Cherry, Coconut, Cranberry, Date, Fig, Mango, Melon, Papaya, Peach, Persimmon, Raisin, Tomatoes

COLD VEGETABLES

Arugula, Beets, Broccoli, Brussel Sprouts, Chard, Lettuce, Butternut Squash, Cucumber, Mushrooms, Pumpkin, Radish, Spinach, Zucchini

HOT VEGETABLES

Artichoke, Asparagus, Cabbage, Carrot, Cauliflower, Celery, Chilies, Corn, Edamame, Eggplant, Fennel, Garlic, Ginger, Green Bean, Kale, Leeks, Onion, Peas, Potatoes, Shallot, Sweet Potatoes



COLD PROTEIN/FISH

Meats - Duck, Goat, Venison
Poultry - Turkey
Fish - Calamari, Cod, Crab, Crawfish, Halibut, Mahi-mahi, Oyster, Salmon, Scallop, Shrimp, Swordfish, Tilapia



HOT PROTEIN/FISH

Meats - Beef, Pork, Lamb
Poultry - Chicken, Duck
Fish - Mussels, Tuna



GRAINS, SEEDS & LEGUMES

-  **Hot** - Almonds, Brown Rice, Black Bean, chickpeas, Fava Bean, Flour, Orzo, Pastas, Peanut, Pine Nut, Rye, Sunflower Seed, Walnut, Wheat, Yeast
-  **Cold** - Barley, Bulgur, Oats, Quinoa, White Rice, Wild Rice, Lima Bean, Sesame Seed, Lentils, Tofu



SPICES

-  **Hot** - Anise, Basil, Bay Leaf, Black Pepper, Chamomile, Cardamom, Cinnamon, Clove, Cumin, Dill, Fenugreek, Garlic, Mustard Seed, Nutmeg, Oregano, Paprika, Parsley, Saffron, Sage, Thyme, Turmeric, Vanilla
-  **Cold** - Cilantro, Mint, Salt, Sumac

DAIRY

-  **Hot** - Butter, All Cheeses, Condensed Milk, Cream Cheese, Eggs, Margarine, Sour Cream
-  **Cold** - Half & Half, Milk

OILS

-  **Hot** - Almond Oil, Peanut Oil, Soy Oil, Sunflower Oil
-  **Cold** - Avocado Oil, Canola Oil, Coconut Oil, Olive Oil, Sesame Oil

