

# Jessica's Mediterranean Diet Shopping List



I have hand-selected this list of my favorite Mediterranean Diet-friendly foods to help you make healthful choices quickly and easily when you shop at Gelson's.

## Dairy

- Straus Family Creamery, Stonyfield, or St. Benoit organic plain yogurt
- Wallaby Organic, Straus, Fage TOTAL greek yogurt, or Siggi's Icelandic Style yogurt
- Organic Valley organic omega-3 or Vital Farms organic eggs
- Organic Valley, Alexandre, or Horizon Organic milk
- Lifeway organic plain or Greenvalley lactose-free organic plain kefir
- WestSoy organic unsweetened plain soy milk

## Gourmet Cheese

- Imported Reggiano Parmesan cheese
- Applegate organic sliced cheese
- Organic Valley string cheese & shredded cheese

## Deli (Wall)

- Friendship no salt added cottage cheese
- Basiltops Pesto Perfecto
- Casa Sanchez organic salsa
- House organic tofu
- Follow Your Heart vegenaïse
- Hummus Guy or Gelson's Finest Hummus
- Diestel organic roasted no salt turkey slices
- Organic Valley organic hardboiled eggs

## Cereal/Granola

- Café Fanny organic, Kind cinnamon oat, or Bob's Red Mill honey oat granola
- Bob's Red Mill muesli
- Kashi Autumn Wheat cereal
- Uncle Sam cereal
- Silver Palate thick and rough oatmeal
- Nature's Path or Quaker organic instant plain oatmeal
- Bob's Red Mill or McCann's steel cut oats

## Nuts & Nut Butters

- Blue Diamond 100 calorie pack whole natural almonds
- Back to Nature jumbo cashews or cashew, almond, pistachio mix
- Wonderful Pistachios
- Maisie Jane's almond or cashew butter
- Santa Cruz organic peanut butter
- Bob's Red Mill organic chia seeds

## Grains & Rice

- Bob's Red Mill organic quinoa, farro, freekeh, and bulgur
- Lundberg wild rice
- Wolff's Kasha
- Village Harvest black rice and quinoa
- Barilla Plus Pasta

## Chocolate

- Green & Black's Organic or Scharffen Berger dark chocolate
- Dove dark chocolate Miniatures

## Dried & Canned Beans

- Wild Harvest or Farmer Direct organic dried beans and lentils
- Springfield pearl barley, dried beans and lentils
- Sabrot green lentils
- S&W organic, Westbrae Natural Organic, SunVista or Carmelina canned beans
- Jack's Quality organic low sodium boxed beans

## Canned Seafood

- Wild Planet, Natural Directions or Bumble Bee canned wild salmon
- Season sardines in water, no salt added
- Wild Planet no salt added premium albacore tuna

## Soups/Broth

- Pacific Natural Foods or Imagine organic low sodium chicken and vegetable broths
- Amy's organic light in sodium butternut squash, lentil vegetable, lentil, and minestrone soups

## Crackers

- Sigdal Bakeri crispbreads
- Wasa crispbread
- Ak-Mak 100% whole-wheat crackers
- La Panzanella mini whole wheat croccantini

## Baking

- Flanigan Farms natural raw nuts
- Le Saunier de Camargue fleur de sel sea salt
- Dried herbs and spices

## Our Kitchen

- Healthful Recipes by Jessica salads
- Carving Cart Turkey

## Oil, Vinegar, Salad Dressing

- Napa Valley or Lucini organic extra virgin olive oil
- Napa Valley organic vinegars
- Bragg's Healthy Vinaigrette organic salad dressing

## Frozen Fruit & Vegetables

- Seapoint Farms frozen edamame
- Woodstock Farms or Earthbound Farm organic frozen fruit
- Dole or Wyman's frozen unsweetened fruit
- Earthbound Farm organic, Woodstock Farms organic, Stahlbush Island Farms, or C&W frozen vegetables

## Bread

- Food for Life Ezekiel flourless sprouted whole-grain breads, tortillas, and English muffins
- Mi Rancho organic corn tortillas

## Tea

- Mighty Leaf organic, Tazo, or Good Earth green teas

## Supplements

- Nordic Naturals Ultimate Omega fish oil
- Culturelle probiotic supplement

## Seafood & Meats

- Wild salmon, black cod, rainbow trout, halibut and sea bass
- Other fish
- Organic chicken
- Grass-fed cuts of lean beef

## Produce

- Dark green vegetables
- Orange fruit and vegetables
- Other fruit
- Other vegetables
- Melissa's dried mushrooms
- Unsweetened dried fruit
- Gelson's Finest raw nuts
- Pre-cut fruits and vegetables
- Garlic Expressions or Galeo's salad dressing

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# Buying Calendar for Seasonal Fruits & Vegetables



## Winter

## Spring

## Summer

## Fall

**January**   **February**   **March**   **April**   **May**   **June**   **July**   **August**   **September**   **October**   **November**   **December**

### Fruits

	January	February	March	April	May	June	July	August	September	October	November	December
Apples	Apples	Apples	Apples	Apples	Cherries	Apricots	Apricots	Blueberries	Apples	Apples	Apples	Apples
Grapefruit	Grapefruit	Grapefruit	Grapefruit	Grapefruit	Grapefruit	Blueberries	Blueberries	Cantaloupe	Cantaloupe	Dates	Dates	Dates
Lemons	Lemons	Lemons	Lemons	Lemons	Lemons	Cantaloupe	Cantaloupe	Cherries	Figs	Figs	Grapes	Grapefruit
Oranges	Oranges	Oranges	Oranges	Oranges	Oranges	Cherries	Cherries	Figs	Grapes	Grapes	Lemons	Lemons
Tangerines	Strawberries	Strawberries	Strawberries	Strawberries	Strawberries	Figs	Figs	Grapes	Grapefruit	Lemons	Persimmons	Oranges
Winter Pears	Tangerines	Tangerines	Tangerines	Tangerines	Tangerines	Honeydew	Honeydew	Grapefruit	Honeydew	Oranges	Pomegranates	Pomegranates
	Winter Pears	Winter Pears	Winter Pears	Winter Pears		Lemons	Lemons	Honeydew	Lemons	Pears		
						Nectarines	Nectarines	Lemons	Oranges	Persian Melon		
						Oranges	Oranges	Oranges	Peaches	Persimmons		
						Peaches	Peaches	Peaches	Pears	Pomegranates		
						Plums	Plums	Pears	Persian Melon	Raspberries		
						Raspberries	Raspberries	Persian Melon	Plums			
						Strawberries	Strawberries	Plums	Pomegranates			
						Watermelon	Watermelon	Prunes	Prunes			
								Raspberries	Raspberries			

### Vegetables

Artichokes	Artichokes	Artichokes	Artichokes	Artichokes	Artichokes	Carrots	Cabbage	Cabbage	Cabbage	Broccoli	Broccoli	Broccoli
Beets	Beets	Asparagus	Asparagus	Asparagus	Asparagus	Carrots	Celery	Celery	Celery	Brussels	Brussels	Brussels
Broccoli	Broccoli	Beets	Beets	Beets	Beets	Celery	Cucumbers	Cucumbers	Cucumbers	Sprouts	Sprouts	Sprouts
Brussels Sprouts	Brussels Sprouts	Broccoli	Broccoli	Cabbage	Cabbage	Cucumbers	Eggplant	Eggplant	Eggplant	Cabbage	Cabbage	Cabbage
Cabbage	Cabbage	Brussels Sprouts	Brussels Sprouts	Carrots	Carrots	Eggplant	Green Beans	Green Beans	Green Beans	Carrots	Carrots	Carrots
Cauliflower	Cauliflower	Cabbage	Cauliflower	Celery	Celery	Green Beans	Lima Beans	Lima Beans	Lima Beans	Cucumbers	Cauliflower	Cauliflower
Celery	Celery	Cabbage	Cooking Greens	Cooking Greens	Cooking Greens	Lima Beans	Lettuce	Lettuce	Lettuce	Eggplant	Celery	Celery
Cooking Greens	Cooking Greens	Carrots	Lettuce	Lettuce	Lettuce	Peppers	Onions	Onions	Onions	Green Beans	Cucumbers	Cucumbers
Lettuce	Lettuce	Cauliflower	Celery	Onions	Onions	Potatoes	Peppers	Peppers	Peppers	Eggplant	Eggplant	Eggplant
Potatoes	Potatoes	Celery	Celery	Onions	Onions	Summer Squash	Potatoes	Potatoes	Potatoes	Green Beans	Green Beans	Green Beans
Spinach	Spinach	Cooking Greens	Cooking Greens	Peas	Peas	Sweet Corn	Sweet Corn	Sweet Corn	Sweet Corn	Lettuce	Lettuce	Lettuce
		Potatoes	Potatoes	Potatoes	Potatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Okra	Okra	Okra
		Spinach	Spinach	Spinach	Spinach	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Peas	Peas	Peas
						Sweet Corn	Sweet Corn	Sweet Corn	Sweet Corn	Peppers	Peppers	Peppers
						Tomatoes	Tomatoes	Tomatoes	Tomatoes	Potatoes	Potatoes	Potatoes
										Summer Squash	Summer Squash	Summer Squash
										Sweet Corn	Sweet Corn	Sweet Corn
										Sweet Potatoes	Sweet Potatoes	Sweet Potatoes
										Tomatoes	Tomatoes	Tomatoes
										Winter Squash	Winter Squash	Winter Squash

If you have any questions, please feel free to call Jessica at 1-800-GELSONS (435-7667) or visit our website [www.gelsons.com](http://www.gelsons.com) for more nutrition information and store locations. ©2016 Gelson's Markets



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## Winter

## Spring

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### Fruits

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Grapefruit	Grapefruit	Grapefruit	Grapefruit	Grapefruit	Grapefruit	Blueberries	Cantaloupe	Cantaloupe	Cantaloupe	Dates	Dates	Dates
Lemons	Lemons	Lemons	Lemons	Lemons	Lemons	Cantaloupe	Cherries	Cherries	Figs	Grapes	Grapes	Grapefruit
Oranges	Oranges	Oranges	Oranges	Oranges	Oranges	Cherries	Figs	Figs	Grapes	Lemons	Lemons	Lemons
Tangerines	Strawberries	Strawberries	Strawberries	Strawberries	Strawberries	Figs	Grapes	Grapefruit	Lemons	Persimmons	Persimmons	Oranges
Winter Pears	Tangerines	Tangerines	Tangerines	Tangerines	Tangerines	Honeydew	Honeydew	Honeydew	Honeydew	Pomegranates	Pomegranates	Pomegranates
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### Vegetables

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Beets	Beets	Asparagus	Asparagus	Asparagus	Asparagus	Celery	Celery	Celery	Celery	Brussels	Brussels	Brussels
Broccoli	Broccoli	Beets	Beets	Beets	Beets	Cucumbers	Cucumbers	Cucumbers	Cucumbers	Sprouts	Sprouts	Sprouts
Brussels Sprouts	Brussels Sprouts	Broccoli	Broccoli	Cabbage	Cabbage	Green Beans	Eggplant	Eggplant	Eggplant	Cabbage	Cabbage	Cabbage
Cabbage	Cabbage	Brussels Sprouts	Brussels Sprouts	Carrots	Carrots	Lettuce	Green Beans	Green Beans	Green Beans	Carrots	Carrots	Carrots
Cauliflower	Cauliflower	Cabbage	Cauliflower	Celery	Celery	Onions	Lima Beans	Lima Beans	Lima Beans	Cucumbers	Cauliflower	Cauliflower
Celery	Celery	Cabbage	Cooking Greens	Cooking Greens	Cooking Greens	Peppers	Lettuce	Lettuce	Lettuce	Eggplant	Celery	Celery
Cooking Greens	Cooking Greens	Carrots	Lettuce	Lettuce	Lettuce	Potatoes	Onions	Onions	Onions	Green Beans	Cucumbers	Cucumbers
Lettuce	Lettuce	Cauliflower	Celery	Onions	Onions	Summer Squash	Peppers	Peppers	Peppers	Lima Beans	Eggplant	Eggplant
Potatoes	Potatoes	Celery	Celery	Onions	Onions	Sweet Corn	Summer Squash	Summer Squash	Summer Squash	Green Beans	Green Beans	Green Beans
Spinach	Spinach	Cooking Greens	Cooking Greens	Peas	Peas	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Lettuce	Lettuce	Lettuce
		Potatoes	Potatoes	Potatoes	Potatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Okra	Okra	Okra
		Spinach	Spinach	Spinach	Spinach	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Peas	Peas	Peas
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