Ikarian Diet®

Ikarian Shopping List & Pantry Guide

Everything you need to cook the Ikarian way, most of it cheap and easy to find in any supermarket or local market.

FREE GUIDE

Greens & vegetables

- [ ] Spinach, chard or dandelion greens
- [ ] Zucchini
- [ ] Eggplant
- [ ] Tomatoes
- [ ] Peppers
- [ ] Onions and garlic
- [ ] Potatoes
- [ ] Carrots
- [ ] Cucumber
- [ ] Lettuce or rocket
- [ ] Beetroot

Legumes

- [ ] Brown or green lentils
- [ ] Chickpeas
- [ ] Black-eyed peas
- [ ] White beans
- [ ] Giant beans (gigantes)
- [ ] Split peas (for fava)

Grains & bread

- [ ] Sourdough or wholegrain bread
- [ ] Rolled oats
- [ ] Bulgur wheat
- [ ] Wholewheat pasta
- [ ] Barley rusks (paximadia)

Fruit

- [ ] Seasonal fruit (figs, grapes, oranges)
- [ ] Apples
- [ ] Bananas
- [ ] Lemons
- [ ] Berries (fresh or frozen)
- [ ] Dates or dried figs

Herbs & teas

- [ ] Mountain tea (sideritis)
- [ ] Dried sage
- [ ] Dried oregano
- [ ] Fresh dill and parsley
- [ ] Fresh mint
- [ ] Bay leaves

Oils, nuts & seeds

- [ ] Extra-virgin olive oil (a big bottle)
- [ ] Olives (Kalamata)
- [ ] Walnuts
- [ ] Almonds
- [ ] Tahini
- [ ] Sesame seeds

Dairy & eggs

- [ ] Goat or Greek yogurt
- [ ] Feta cheese
- [ ] Eggs
- [ ] Milk (or plant milk)

Fish

- [ ] Sardines (fresh or canned)
- [ ] Anchovies
- [ ] Mackerel

Pantry extras

- [ ] Thyme honey
- [ ] Red wine vinegar
- [ ] Tomato paste
- [ ] Canned tomatoes
- [ ] Capers
- [ ] Sea salt and black pepper
- [ ] Cinnamon
- [ ] Greek coffee

Shop like an Ikarian

- **Buy legumes dried and in bulk.** They cost a fraction of canned and keep for a year.
- **Spend on olive oil, save on everything else.** You will use it every day.
- **Visit a local market once a week** and build meals around what is fresh and plentiful.
- **Keep it simple.** Meat, sweets and packaged snacks are occasional extras, not weekly staples.

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