

PALEO SHOPPING LIST

Fruits & Vegetables-

bananas
green apples
raspberries/blueberries
scallions
sweet potatoes
avocados
lemons
cauliflower
spaghetti squash
butternut squash
spinach/kale
zucchini (s)
lettuce/cabbage

Meats-

grass fed ground beef
organic turkey
organic ground pork
organic ground chicken
all-natural turkey burgers

Staples-

paleo mayo
coconut oil
coconut flour
terra chips (sweet potato)
honey (local if you can)
real maple syrup
unsweetened (real) coconut
coconut cream
almonds
organic cinnamon
high quality olive oil
eggs
almond milk
sparkling water (I like La Croix)
frozen cauliflower rice (if possible)