



PALEO

SHOPPING LIST

NOTES TO REMEMBER

- Foods to Avoid: dairy, trans-fats, sugar, legumes, grains, starch, soy, and salty meals
- Foods to Consume: lean meats, fish, fruits, vegetables, nuts and seeds
- Use / consume organic products when possible

DRINKS

- coffee** - locally roasted, sustainably sourced
- coconut water**
- club soda**
- herbal tea**

NUTS

- almonds**
- cashews**
- hazelnuts**
- pecans**
- pumpkin seeds**
- sunflower seeds**
- walnuts**

PROTEIN

- chicken** - organic
- eggs** - local, pastured
- red meat** - grass fed
- pork** - humanely raised
- seafood** - sustainable & wild caught
- bone broth**

PANTRY

- almond butter** - freshly ground
- almond flour**
- almond milk**
- arrowroot powder**
- avocado oil**
- coconut aminos**
- coconut flour**
- coconut milk**
- coconut oil**
- ghee**
- honey** - local
- hot sauce**
- maple syrup**
- olive oil**
- spices**
- sunflower seed butter**
- sauerkraut**

PRODUCE

- asparagus**
- broccoli**
- brussels sprouts**
- butternut squash**
- carrots**
- cauliflower**
- celery**
- cucumbers**
- garlic**
- leafy greens**
- mushrooms**
- onions**
- spaghetti squash**
- sweet potatoes**
- zucchini**
- apples**
- avocados**
- bananas**
- berries**
- dates**
- grapes**
- lemons**
- mangoes**
- pears**
- tomatoes**
- watermelon**

BASIL BANDWAGON NATURAL MARKET