

# The Paleo Vegan Diet

## SHOPPING LIST

### PROTEIN

Hemp Seeds    Macadamia Butter    Flax Seeds  
Hemp Powder    Pine Nuts    Flax Meal  
Chia Seeds    Pumpkins Seeds    Pecans  
Almond    Walnuts    Brazil Nuts  
Almond Flour    Walnut Butter    Pistachios  
Cashews    Sunflower Seeds    Macadamia Nuts

### VEGETABLES

Artichoke    Cabbage    Spinach  
Asparagus    Cauliflower    Onions  
Beets    Celery    Leeks  
Bell Peppers    Collard Greens    Tomatoes  
Boccoli    Cucumber    Kale  
Brussel Sprouts    Eggplant    Zucchini

### FATS

Coconut Oil  
Coconut Butter  
Extra-Virgin Olive Oil  
Avocado  
Avocado Oil  
Coconut Flakes

### FRUITS AND BERRIES

Apples    Mango    Lime    Raspberries  
Apricots    Melon    Peaches    Strawberries  
Bananas    Nectarines    Pears    Watermelon  
Berries    Oranges    Pineapple    Figs  
Cherries    Kiwi    Plums    Grapefruit  
Dates    Lemons    Pomegranates    Grapes

### HERBS

Basil  
Mint  
Rosemary  
Oregano  
Garlic  
Mushrooms

### ROOTS AND TUBERS

Sweet Potatoes    Butternut Squash  
Summer Squash    Acorn Squash  
Spaghetti Squash    Potatoes  
Pumpkin    Yams  
Parsnip    Turnip  
Carrots    Jicama

### CONDIMENTS

Balsamic Vinegar  
Apple Cider Vinegar  
Yellow Mustard  
Dijon Mustard  
Capers  
Coconut Aminos

### SWEETENERS

Coconut Sugar  
Coconut Nectar  
Maple Sugar  
Maple Syrup  
Stevia  
Inulin

### PALEO VEGAN DIET ALLOWED ALCOHOL LIST

Kombucha Beer    Wine  
Hard Apple Cider    Cachaca  
Tequila    Grape Vodka  
Potato Vodka