

NUTS

- Almonds
- Cashews **
- Hazelnuts
- Pecans
- Pumpkin Seeds
- Sunflower Seeds
- Macadamia Nut **
- Walnuts

SEAFOOD & FISH

- Shrimp
- Lobster
- Clams
- Salmon & other fish
- Wild-caught/
sustainable seafood

MEATS

- Eggs
- Chicken Breast
- Chicken Leg
- Chicken Wings
- Chicken Thigh
- Turkey
- Pork Tenderloin
- Pork Chops
- Bacon
- Steak
- Ground Beef
- Grass Fed Beef
- Veal
- Lamb Chops
- Pastured/ organic

VEGETABLES

- Arugula
- Asparagus
- Beets
- Bell Peppers
- Broccoli(ni)
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Collard Green
- Cucumber
- Celery
- Eggplant
- Garlic
- Green Beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onion
- Parsnips
- Pumpkin
- Radish
- Snow Peas
- Spinach
- Sweet Potato *
- Yams
- Swiss Chard
- Squash *
- Tomato
- Zucchini

FRUIT

- Apples
- Appricots
- Bananas*
- Berries (all)
- Cherries
- Dates/Figs
- Grapefruit
- Grapes
- Kiwi
- Lemon/Lime
- Mango
- Melon
- Oranges
- Peaches
- Pears
- Pineapple
- Plum
- Pomegranate
- Watermelon
- Avocado

FATS-COOKING

- Ghee
- Coconut Oil
- Grass Fed OG Butter
- Extra-Virgin Olive Oil

FATS-EATING

- Coconut Butter
- Macadamia Butter
- Olives (all kids)

PALEO GROCERY

Shopping List

