

A graphic featuring the text 'PALEO GROCERY' in large, bold, white letters on a dark orange circular background. Below it, 'Shopping List' is written in a smaller, white font. To the right of the text is an illustration of a brown paper grocery bag overflowing with various fresh produce items like carrots, leafy greens, and a tomato.

PALEO GROCERY

Shopping List

Meat, Seafood & Eggs

GRASS-FED OR WILD-CAUGHT

- BEEF
- CHICKEN
- COD
- EGGS
- PORK
- SALMON
- TUNA
- TURKEY

Nuts & Seeds

- MACADAMIA NUTS
- PINE NUTS
- PISTACHIOS
- PUMPKIN SEEDS
- SUNFLOWER SEEDS
- ALMONDS
- CASHEWS
- HAZELNUTS
- PECANS

Fruit & Vegetables

- APPLES
- GRAPES
- MELONS
- BERRIES
- BROCCOLI
- PLUMS
- CABBAGE
- SPINACH
- CITRUS FRUITS
- PEACHES
- BRUSSELS SPROUTS
- BUTTERNUT SQUASH
- SWEET POTATOES
- CAULIFLOWER

Healthy Oils

- MACADAMIA OIL
- OLIVE OIL
- WALNUT OIL
- AVOCADO OIL
- COCONUT OIL
- FLAXSEED OIL