

PALEO SHOPPING LIST

Vegetables		Fruits		Proteins		Fats		Spices		Other	
Anise	☐	Apple	☐	Meat and Fowl:		Oils:		Allspice	☐	Eat in Moderation:	
Arugula	☐	Apricot	☐	Bacon	☐	Avocado Oil	☐	Anise	☐	High starch:	
Artichoke	☐	Berries (all types)	☐	Beef (Grass fed)	☐	Chili Oil	☐	Basil	☐	Yams; sweet potatoes	☐
Asparagus	☐	Fig	☐	Bison	☐	Coconut Oil	☐	Bay Leaf	☐	White potatoes	☐
Avocado (fruit)	☐	Grapes	☐	Chicken	☐	Olive Oil	☐	Caraway	☐	Root vegetables	☐
Beets	☐	Grapefruit	☐	Duck	☐	Macadamia Nut Oil	☐	Cardamom	☐	Squash	☐
Bok Choy	☐	Kiwi	☐	Eggs (omega-3 enriched)	☐	Thai Fish Oil	☐	Cayenne Pepper	☐		
Broccoli	☐	Lemon	☐	Eggs (duck, goose)	☐	Lard	☐	Chili Powder	☐	No-sugar dried fruits:	
Brussels sprouts	☐	Lime	☐	Elk	☐	Tallow	☐	Cilantro	☐	Dates	☐
Cabbage	☐	Lychee	☐	Jerky	☐			Cinnamon	☐	Figs	☐
Carrots	☐	Mango	☐	Lamb	☐	Coconut Milk	☐	Cloves	☐	Apricots	☐
Cauliflower	☐	Melons (all types)	☐	Pheasant	☐	Coconut flakes (unsweetened)		Coriander	☐	Cranberries	☐
Celery	☐	Nectarine	☐	Pork	☐			Cumin	☐		
Chilies	☐	Orange	☐	Quail	☐	Nuts & Seeds:	☐	Curry Powder	☐	Tropical fruits:	
Collards/Mustard	☐	Papaya	☐	Rabbit	☐	Almonds	☐	Dill	☐	Banana	☐
Greens	☐	Peach	☐	Turkey	☐	Brazil nuts	☐	Fenugreek	☐	Mango	☐
Cucumber	☐	Pear	☐	Veal	☐	Cashews	☐	Garlic	☐	Pineapple	☐
Eggplant	☐	Plum	☐	Venison	☐	Chestnuts	☐	Ginger	☐	Guava	☐
Endive	☐	Pomegranate	☐			Hazelnuts	☐	Marjoram	☐		
Green Onions	☐	Tangerine	☐			Macadamia Nuts	☐	Mint	☐		
Jalapenos	☐	Watermelon	☐			Pecans	☐	Mustard	☐		
Jicama	☐			Fish & Seafood:	☐	Pine Nuts	☐	Nutmeg	☐	Other Staples:	
Kale	☐			Bass	☐	Pistachios	☐	Oregano	☐	Nitrate-free Deli Meat	☐
Lettuce	☐			Cod	☐	Pumpkin Seeds	☐	Paprika	☐	Salsa	☐
Mushrooms	☐			Halibut	☐	Sesame Seeds	☐	Pepper	☐		
Onions	☐			Mackerel	☐	Sunflower Seeds	☐	Rosemary	☐	Apple Cider Vinegar	☐
Parsley	☐			Red Snapper	☐	Walnuts	☐	Saffron	☐	Almond Meal	☐
Parsnips	☐			Salmon	☐			Sage	☐	Balsamic Vinegar	☐
Peppers	☐			Sardines	☐			Tarragon	☐	Coconut Flour	☐
Radish	☐			Shark	☐	Butters, Creams:	☐	Thyme	☐	Canned Diced Green	☐
Seaweed	☐			Sunfish	☐	Almond Butter	☐	Turmeric	☐	Chillies	☐
Spinach	☐			Swordfish	☐	Curry Paste		Vanilla	☐	Organic Free-Range	☐
Squash (all types)	☐			Tilapia	☐	Nut Butters (from above	☐			Chicken Broth	☐
Swiss Chard	☐			Trout	☐	nuts and seeds)				Olives	☐
Tomato (fruit)	☐			Tuna	☐	Organic Grass-fed Heavy	☐			Organic tomato paste	☐
Zucchini	☐			Crab	☐	Cream	☐			Sun dried tomatoes	☐
				Crawfish	☐	Organic Grass-Fed Butter	☐				
				Crayfish	☐						
				Lobster	☐						
				Shrimp	☐						