

PALEO GROCERY ESSENTIALS

Whole Foods & No Grains & No Refined Sugar

PROTEINS (GRASS-FED/WILD)

- Beef (Steak, Ground)
 - Poultry (Chicken, Turkey)
 - Pork (Bacon, Chops)
 - Wild Caught Fish (Salmon, Cod)
 - Shellfish (Shrimp, Scallops)
 - Free-range Eggs
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VEGETABLES (NON-STARCHY)

- Leafy Greens (Spinach, Kale)
 - Cruciferous (Broccoli, Cauliflower)
 - Zucchini & Squash
 - Bell Peppers & Carrots
 - Asparagus & Brussels Sprouts
 - Onions & Garlic
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HEALTHY FATS & OILS

- Avocados / Avocado Oil
 - Extra Virgin Olive Oil
 - Coconut Oil / Ghee
 - Raw Almonds & Walnuts
 - Chia & Flax Seeds
 - Macadamia Nuts
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FRUITS & STARCHES

- Berries (Blue, Straw, Rasp)
 - Apples & Citrus
 - Sweet Potatoes / Yams
 - Plantains
 - Lemons & Limes
 - Raw Honey (Limited)
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* Avoid: Dairy, Grains, Legumes, Soy, and Processed Vegetable Oils.