



Paleo Diet-Grocery List

PROTEINS	VEGETABLES	FATS	HERBS & SPICES
<i>All Cuts</i> Anchovy Beef Bison Buffalo Caviar <i>Chicken*</i> Crab Crawfish Duck Eggs Flounder Lamb Liver Lobster Goose Halibut Mahi Pheasant Pork Quail Salmon Sardine Sole Trout Tuna Turkey Venison All Offal Meats Liver, Heart, Kidney <i>*high omega 6 inflammatory</i>	Asparagus Arugula Artichoke/hearts Avocado (fruit) Bamboo Shoots Beet Greens Bok Choy Broccoli Broccolini Brussels Sprouts Cabbage Carrots Cauliflower Celery Celery Root Chard Chives Cucumber Collard Greens Baby Greens Daikon Eggplant Endive Fennel Root Garlic Green Beans Jicama Kale Leeks Lettuce-All Mushrooms-All Okra Onion Peppers-Sweet & Hot Pickles Sweet Potato All Squash Spinach Sprouts Tomatoes Zucchini	Butter Olive Oil Coconut Oil Rendered Animal Fat <b style="color: magenta;">Miscellaneous Coconut Flakes Coconut Milk Coconut Butter Lemon & Lime Tamari Sauce Mustard Bones for Broth Apple Cider Vinegar (Braggs Raw) Herb Tea Black Tea White Tea Green Tea Water Coconut Water <b style="color: green;">Fruit Apples Berries Oranges Tangerines Cantaloupe (Seasonal Fruit Preferably) <b style="color: green;">Nuts Almonds Cashews Macadamias (<i>the best</i>) Pecans Pine Nuts <i>Walnuts*</i> Nut Butters	Allspice Anise Basil Bay Leaf Black Pepper Cardamom Cayenne Pepper Chili Powder Cumin Cilantro Cinnamon Celery Seed Chili Powder Chives Coriander Curry-All Dill Dry Mustard Fenugreek Garlic Ginger Horseradish Mint Nutmeg Oregano Parsley Paprika Pepper Rosemary Saffron Sage Sea Salt Thyme Turmeric Vanilla Wasabi