

Paleo Diet Shopping



GOING SHOPPING

FRUITS & VEGETABLES

Fruits

Berries
Green apples
Citrus fruits
Pears
Plums

Non-starchy veggies

however much you want

Tomatoes
Pepper
Carrots
Onion
Cauliflower
Broccoli
Cabbage
Garlic
Spinach
Kale
Brussels sprouts
Asparagus

Starchy veggies

in smaller amounts

Sweet potatoes
Butternut squash
Beets

HEALTHY FATS

Olive oil
Avocado
Sesame oil
Nut butters (peanut butter, almond butter, tahini, etc.)

NUTS & SEEDS

Almonds
Cashews
Sesame seeds
Peanuts

PROTEIN

Meats

Chicken breast
Turkey
Pork
Lamb
Beef

Fish

Salmon
Tuna
Herring
Sardines

Other

Eggs

IN MODERATION

Quinoa
Whole grain rice
Beans and lentils
Non-sugar sweeteners
(honey, maple syrup, stevia, coconut sugar, etc.)