

6 Paleo Crock Pot Freezer Meals Shopping Guide

Proteins

12 Pieces of Chicken
(1) 3 lb. Venison Roast
(Any Roast meat)
2- 3 Lbs Ground Meat
2 Eggs

Fats/ Herbs/ liquids

1 Tbsp. Olive Oil
3 Tbsp. Apple Cider Vinegar
4 Tbsp. Honey or Maple Syrup
Salt
Pepper
Garlic seasoning
Cilantro Cumin
Chili Powder Rosemary
Ceyanne Parsley

Vegetables

1 Sweet Potato
1 C. Carrots
2 Stalks Celery
1 Shallot
1 Parsnip
1 C. Kale
4 C. Chicken Broth
1 C. Green Beans
(1) 12 oz. can Diced Tomato
(2) 32oz Jars Organic Pasta Sauce

Fruits

1 Pineapple
1 Apple

Optional for Sides:

Spaghetti Squash
Zucchini
Lettuce
Tomato
Avocado