

# Paleo Shopping Guide

## Proteins

Look for Grass- Fed  
Look for Organic  
Chicken  
Beef  
Fish  
Lamb  
Turkey  
Pork  
Goat  
Bison  
Wild Game Meats  
Eggs

## Fats

Coconut Oil  
Almond Oil  
Olive Oil  
(Nut Oils)  
Hazelnuts  
Walnuts  
Almonds  
Pecans  
Brazilian Nuts  
Grass- Fed Butter  
Sesame Seeds  
Sunflower Seeds  
Flax Seeds  
Almond Flour  
Coconut Flour  
Nut Butter

## Vegetables

Look for Organic  
Buy Fresh and Local  
Sweet Potato  
Carrots  
Celery  
Brussel Sprouts  
Asparagus  
Jicama  
Tomato  
Lettuce  
Spinich  
Broccoli  
Cauliflower  
Artichokes  
Beets  
Sprouts  
Onions,  
Peppers  
Parsnips  
Squash  
Pumpkin  
Kale  
Avocado

## Drinks

Coconut Milk  
Almond Milk  
(Nut Milk)  
Water  
Unsweetened Tea  
Coffee  
Limit Caffine

## Fruits

Look for Organic  
Buy Fresh and Local  
Berries  
Cantaloupes  
Honey Dew  
Pineapple  
Apples  
Bananas  
Dates  
Kiwi  
Pomegrante  
Oranges  
Grapefruit  
Starfruit  
Grapes  
Lemons  
Limes  
Plums  
Peaches  
Coconut  
Apricots  
Exotic Fruits  
Watermelon

## Treats

70% or higher Dark  
Chocolate  
Dried Fruit (sugar  
free)