

My Paleo Grocery List



Vegetables

Artichoke	Cucumber
Asparagus	Eggplant
Baby corn	Kale
Beets	Mushrooms
Brussels sprouts	Onions
Broccoli	Peppers
Cabbage	Radishes
Carrots	Squash
Cauliflower	Tomato
Celery	Turnips

Fruits

Apples	Mango
Apricots	Orange
Avocado	Papaya
Banana	Peaches
Blackberries	Pears
Blueberries	Pineapple
Cantaloupe	Plums
Cherries	Raspberries
Grapes	Strawberries
Kiwi	Watermelon



Herbs & Spices

Bay leaf	Lemon grass
Basil	Nutmeg
Black pepper	Oregano
Cayenne pepper	Paprika
Chili pepper	Parsley
Chives	Peppermint
Cilantro	Rosemary
Cinnamon	Saffron
Coriander	Sea salt
Cumin	Sesame
Curry	Tarragon
Dill	Thyme
Fennel	Turmeric
Fenugreek	Vanilla
Ginger	



Nuts and Seeds

Almond	Chia seeds
Cashew	Flax seeds
Chestnuts	Hemp seeds
Coconut	Poppy seeds
Hazelnut	Pumpkin seeds
Macadamia	Sesame seeds
Peanut	Sunflower seeds
Pecan	
Pistachio	
Walnut	



Meat, Seafood, & Poultry

Beef eye of round	Skinless chicken leg
Beef knuckle steak	Skinless chicken thigh
Beef top sirloin	Turkey breasts
Free-range eggs	Cod fish
Pork tenderloin	Flounder
Pork center loin chop	Haddock
Pork rib chop	Halibut
Skinless chicken breasts	



Products & Indulgences

- Non-grain sandwich bread
- Non-grain wraps
- Non-grain granola
- Unsweetened nut or seed butter
- Almond or hazelnut milk
- Avocado-based spreads (to replace margarine and butter)
- Dried spices
- Tea
- Coffee
- Wine
- 70% Dark (or higher) chocolate

