

Paleo Food Shopping List

Vegetables	Protein	Healthy Fats	Herbs	Fruits
Artichoke	Beef – grass fed	Extra Virgin Olive Oil	Basil	Apple 🍏
Arugula/ Rockets	Pork – pastured	Ghee - grass-fed	Bay Leaf	Apricot
Asparagus 🥒	Chicken - Pastured	Coconut Oil, Milk, Cream, Butter	Cilantro	Avocado 🥑
Beets	Duck	Avocado Oil	Dill	Banana
Bitter melon	Eggs - pastured	Butter, Cream	Herbs de Provence	Strawberries 🍓
Broccoli 🥦	Lamb	Lard, Tallow,	Mint	Blackberries 🍓
Brussels Sprouts 🥦	Pork – pasture raised	Duck Fat	Parsley	Blueberries 🍓
Cabbage	Turkey	Fish, Krill, Algae Oil	Oregano	Raspberries 🍓
Carrots	Veal	MCT Oil	Rosemary	Cranberries
Cauliflower 🥦	Venison	Raw Nuts & Seeds	Saffron	Cherries 🍒
Courgettes	Organ meats, liver, bone marrow	Almonds, & Almond Butter. Try this	Sage	Dragon fruit
Chard, Collard	Full fat yoghurt	Brazil Nuts	Spring onions	Fig
Chai Sum	Artisanal cheeses	Cashew, cashew butter	Tarragon	Guava
Celery 🍅	Wild & Sustainable Fish & Seafood	Chestnuts	Thyme	Grapefruit
Cucumber 🍆	Bass (MSC)	Flax, Chia Seeds	Spices	Kiwi 🥝
Eggplants 🍆	Cod (MSC)	Macadamia	Allspice	Lemon/ Lime
French Beans	Char	Pecans	Anise	Mango 🥭
Jicama	Crab, Lobsters	Pistachios	Black Pepper	Melon (honeydew, cantaloupe) 🥒
Kai Lan	Clams, Scallops	Pine Nuts	Cayenne	Nectarine 🍑
Kale 🍅	Halibut	Pumpkin Seeds	Cardamom	Orange
Lotus Roots	Mackerel	Sesame Seeds, tahini	Cinnamon	Passionfruit
Mustard Greens	Mussels, Oysters	Sunflower Seeds	Chili Powder	Papaya 🥑
Mushrooms 🍄	Prawns, Shrimp	Walnuts	Cloves	Peaches 🍑
Onions 🥒	Salmon	Condiments	Cumin	Pomegranate
Pak Choy	Sardines	Coconut Aminos	Curry – red, yellow, green	Pomelo
Parsnips, Turnips	Snapper	Apple Cider Vinegar	Garam Masala	Pear 🍏
Peppers, red, yellow, green 🍅	Trout	Balsamic vinaigrette	Garlic*	Pineapple 🥑
Pimientos	Tuna	Himalayan Salt	Ginger*	Plum
Radish	Pantry & Snacks	Nutritional Yeast	Mustard	Tangerine
Seaweed	Raw Cacao	Mayonnaise	Nutmeg	Tomatoes 🍅
Spinach 🍅	Raw Chocolate	BBQ Sauce	Paprika	Watermelon
Squash – butternut, spaghetti	Raw Nuts & Seeds	Ketchup	Saffron	Drinks
Sugar snaps	Protein & Nut Bars	Mustard	Saffron	Mineral Water
Sweet Potatoes	Jerky, Epic Bar	Tamari	Pink Salt	Coconut Water
Yam	Cacao Nibs	Seaweed	Turmeric	Adaptogens
Turnips ((🥒))	Kale chips	Collagen powder	Ashwagandha	Kombucha
Other Health Foods	Coconut Chips	Primal Kitchen , Vital Proteins , Dr. Axe , Bulletproof	Cordyceps	Herbal Teas Tulsi
Acai Powder	Almond Flour	Bone Broth 🌍	Chaga	Matcha, Green Tea
Spirulina	Coconut Flour	Beef Chicken Kettle & Fire	Ginseng	Coffee
Chlorella	Vanilla	Gelatin	Lion's Mane	Almond, Coconut & Oat Milk Califia Farms , Rude Health
			Maca	Tart Cherry Juice
			Reishi	Sigmatic
			Turkey's Tail	

🍅 Dirty dozen, always organic
 🥑 Clean fifteen – ok to get conventional
 Source: [Environmental Working Group](#)