



PALEO PLAN

SHOPPING LIST

- ☐ 2 tbsp Balsamic Vinegar
- ☐ Salt & Pepper
- ☐ Cinnamon
- ☐ Italian Spices
- ☐ Olive Oil
- ☐ Cooking Spray
- ☐ 1 tbsp Knob of Ginger
- ☐ 1 Small Acorn Squash
- ☐ 2 Beets
- ☐ 1 Baking Potato
- ☐ 3 Medium Sweet Potatoes
- ☐ ½ cup Shredded Carrots
- ☐ ½ Cucumber
- ☐ 1½ cup Spinach
- ☐ Large Lettuce for Wrap
- ☐ 3 cups Lettuce
- ☐ 2 Roma Tomatoes
- ☐ 1½ cup Cherry Tomatoes
- ☐ ½ White Onion
- ☐ 1 Avocado
- ☐ 1 Red Pepper
- ☐ 1 tbsp Basil
- ☐ 1 cup Strawberries
- ☐ 2 Medium Bananas
- ☐ ½ cup Fresh Blueberries
- ☐ 1 Orange
- ☐ 1 Large Apple
- ☐ Pete's Market Homemade Guacamole
- ☐ 6 oz Ground Beef
- ☐ 6 oz Ground Turkey
- ☐ 6 oz Steak
- ☐ 3 Chicken Breasts
- ☐ 3 slices Greenridge Turkey
- ☐ 1 slice Greenridge Ham
- ☐ 2 slices Nitrite-Free Bacon
- ☐ 6 oz Wild Caught Salmon
- ☐ 6 oz Tilapia
- ☐ ½ cup Shredded Coconut
- ☐ ¼ cup Sliced Almonds
- ☐ 4 tbsp Almond Butter
- ☐ Plantain Chips
- ☐ 2 cups LonoLife Paleo Bone Broth
- ☐ 2 tbsp Pesto
- ☐ 1 Mexican Spice Packet
- ☐ 2 tbsp Soy Sauce
- ☐ 4 Eggs
- ☐ 1 cup Frozen Cauliflower Rice
- ☐ 1 cup Frozen Blueberries
- ☐ 1 cup Paleo Yogurt
- ☐ ½ cup Coconut Milk