

# Shopping List

The best way to get in-season, fresh and healthy produce is to have it delivered from a straight local farm! Check the web for Community Supported Agriculture (CSA) opportunities.

Farmers Markets are another great resource for good food.

Many grocery stores are also taking the time and effort to stock organic foods, grass-fed livestock and other Paleo goodies.

Take this shopping list as inspiration, but remember to buy in-season fruits and veggies.

## Fresh meats

- Bison roasts
- Grass-fed beef steaks
- Pork chops
- Lamb quarters
- Venison steak
- Elk
- Free-range, cage-free chicken, duck, turkey, or goose
- Cage-free, antibiotic-free eggs (don't be shy about duck, goose or even quail eggs, either!)
- Tuna, catfish, snapper, tilapia, halibut, salmon, or any other wild-caught fish and their caviar
- Shrimp, scallop, lobster, mussels, crab

## Fresh veggies

- (The sky is the limit! But here are a few tasty thoughts...)
- Kale, spinach, dandelion greens, mustard greens, romaine lettuce, arugula
- Cauliflower, broccoli, cabbage, bok-choy
- Carrots, sweet potatoes, taro, beets
- Red, green or sweet onion
- Celery, chard or kale stalks
- Peppers, cucumbers, tomatoes, squash, zucchini

## Fresh fruits and berries

- Grapefruit, oranges, lemon, lime
- Blueberries, strawberries, raspberries, blackberries, cranberries
- Apricots, peaches, nectarines, cherries

- Melons (watermelon, cantaloupe, honeydew)
- Apples, pears
- Figs, mangos, kiwi, dragon fruit
- Coconuts, bananas, pineapple

#### Healthy fats and oils

- Real butter and fats from healthy animals
- Cold-pressed oils such as coconut, almond, olive and avocado

#### Optional delights\*

- Minimally-processed meats such as bacon, jerky, sausage and ham
- Sweeteners such as raw honey, 100% maple syrup
- Organic, gluten-free flours such as coconut, flax seed, tapioca, almond and pecan
- Drinks such as kombucha, coconut water, tea, coffee and seltzer water
- Raw dairy from healthy animals such as plain yogurt, kefir, cheeses and creams
- Alcohol, preferably dry red wine
- Dark chocolate (>70% cocoa) or cacao nibs

\*Note: not all people following the Paleo diet include these, depending on their medical conditions and dietary needs/preferences.