

Paleo Perspective DIYS Shopping List

Leafy Greens

- Green Leaf Lettuce
- Red Leaf Lettuce
- Romaine Lettuce
- Organic Salad Mix
- Spinach
- Kale
- Curly Endive
- Arugula
- Chard
- Butter Lettuce
- _____
- _____
- _____

Vegetables

- Tomato
- Celery
- Cucumber
- Bell pepper
- Carrot
- Avocado
- Red Onion
- White Onion
- Yellow Onion
- Green Onion
- Chard
- Mushrooms
- Snap peas
- Radishes
- Broccoli
- Cauliflower
- Sweet Potato (Yam)
- Potato
- Asparagus

Fruit

- Lemon
- Lime
- Apples
- Blueberries
- Oranges
- Grapefruit
- Banana
- Strawberry
- Blackberry
- Grapes
- _____
- _____
- _____

- Purple Cabbage
- Green Cabbage
- Brussels sprout
- Shallots
- _____
- _____
- _____

Nuts & Seeds (Raw)

- Almonds
- Walnuts
- Cashews
- Pecans
- Pistachios
- Pumpkin Seeds
- _____
- _____

Fats

- Extra Virgin Olive oil
- Avocado oil
- Butter*
- Coconut oil
- _____
- _____

**ideally, pastured or 100% grass-fed and organic*

Protein

- Wild caught salmon
- Cod – sustainably fished
- Tuna – canned in water
- Ground beef*
- Chicken*
- Turkey*
- Pork*
- Bacon*
- Eggs*
- _____
- _____
- _____

**when buying meat it is always best to source pasture raised, organic meat. Avoid factory-farmed or those with added sugar, MSG, sulfites or carrageenan.*

Buy local, organic produce whenever possible.