



PALEO PLAN FLEX SHOPPING LIST 01/16-01/22

MEAT	NEED	MEALS
<input type="checkbox"/> jerky	----	7 19
<input type="checkbox"/> 3/4 lb cooked ham	----	1 9 17
<input type="checkbox"/> 4 oz deli meat (opt)	----	6
<input type="checkbox"/> 6 slices bacon	----	25
<input type="checkbox"/> 1/2 lb salmon	----	4
<input type="checkbox"/> 7-8 shrimp	----	5
<input type="checkbox"/> 4 chicken breasts 4 oz each, skin-on	----	8 10
<input type="checkbox"/> 8 chicken breasts 4 oz each, skinless	----	16 18 28
<input type="checkbox"/> 1 lb petite sirloin steak	----	12 14
<input type="checkbox"/> 4 veal chops (4 oz each)	----	20

OTHER	NEED	MEALS
<input type="checkbox"/> 14 eggs (2 opt)	----	1 5 13 25
<input type="checkbox"/> 1/8 c Paleo-friendly mayonnaise	----	1
<input type="checkbox"/> whole dulse leaf	----	4
<input type="checkbox"/> almond butter	----	6
<input type="checkbox"/> Olive oil	----	many
<input type="checkbox"/> 16-18 lrg kalamata olives pitted	----	8 10
<input type="checkbox"/> capers	----	8 10
<input type="checkbox"/> Paleo-friendly salad dressing	----	10
<input type="checkbox"/> lemon juice	----	12 14
<input type="checkbox"/> 1/4 to 1/2 c chicken broth	----	12 14
<input type="checkbox"/> 2/3 c coconut unsweetened shredded	----	13
<input type="checkbox"/> 1 T flax meal	----	12 14
<input type="checkbox"/> 1 T coconut flour	----	25
<input type="checkbox"/> 1 c almond flour	----	25
<input type="checkbox"/> 1 c almond milk (opt)	----	13
<input type="checkbox"/> 1/2 c apple sauce	----	25
<input type="checkbox"/> balsamic vinegar	----	15
<input type="checkbox"/> 100mL coconut milk	----	16 18
<input type="checkbox"/> 1 can tomatoes (rec: fire-roasted)	----	20
<input type="checkbox"/> 1 pkg of kelp noodles	----	28

NUTS	NEED	MEALS
<input type="checkbox"/> 1 c cashews	----	28

VEGETABLES	NEED	MEALS
<input type="checkbox"/> 1/2 c veggies (leftovers)	----	1 9
<input type="checkbox"/> serving veggies of choice	----	19
<input type="checkbox"/> 1 bunch fresh cilantro	----	4
<input type="checkbox"/> 1 sprig fresh oregano (dried opt)	----	20
<input type="checkbox"/> fresh parsley (dried opt)	----	20
<input type="checkbox"/> 2 sprigs fresh tarragon (dried opt)	----	28
<input type="checkbox"/> 1 sm head lettuce	----	6
<input type="checkbox"/> 2 bunches fresh spinach	----	8 10
<input type="checkbox"/> 5-6 roma tomatoes	----	4
<input type="checkbox"/> 1 lrg tomato	----	6
<input type="checkbox"/> 1 pkg grape tomatoes	----	5 8 10
<input type="checkbox"/> 2 lrg onions	----	4 6 16 18 24
<input type="checkbox"/> 1 bunch scallions or green onions	----	8 10 12 14
<input type="checkbox"/> 1 sm chili pepper	----	4
<input type="checkbox"/> 2 red bell peppers	----	16
<input type="checkbox"/> 2 lrg Portobello mushroom	----	6
<input type="checkbox"/> 10 button mushrooms or cremini	----	16 18
<input type="checkbox"/> 1/2 to 2 lbs broccoli	----	12 14 28
<input type="checkbox"/> 9 cloves garlic	----	12 14 16 18 20 28
<input type="checkbox"/> 2 lrg carrots	----	12 14
<input type="checkbox"/> 1 bunch asparagus	----	20

FRUIT	NEED	MEALS
<input type="checkbox"/> 1 lime	----	4
<input type="checkbox"/> 1 lemon	----	8 10
<input type="checkbox"/> 4 avocados	----	4 5 6
<input type="checkbox"/> serving ripe fruit	----	7 17
<input type="checkbox"/> fresh berries	----	11 25
<input type="checkbox"/> 4 c frozen berries	----	13 15

SPICES	NEED	MEALS
<input type="checkbox"/> sea salt	----	
<input type="checkbox"/> ground black pepper	----	
<input type="checkbox"/> chipotle powder	----	
<input type="checkbox"/> tarragon	----	
<input type="checkbox"/> garlic powder	----	
<input type="checkbox"/> paprika	----	
<input type="checkbox"/> red pepper	----	
<input type="checkbox"/> ground ginger	----	
<input type="checkbox"/> mustard powder	----	
<input type="checkbox"/> onion powder	----	
<input type="checkbox"/> thyme	----	
<input type="checkbox"/> oregano (fresh opt)	----	
<input type="checkbox"/> parsley (fresh opt)	----	