



PALEO PLAN FULL SHOPPING LIST 02/20-02/26

MEAT	NEED	MEALS
<input type="checkbox"/> 12 strips nitrite/nitrate free bacon	----	1 5 17
<input type="checkbox"/> 1/2 lb nitrite/nitrate free sausage links	----	21
<input type="checkbox"/> 1/4 lb cooked ham	----	25
<input type="checkbox"/> 2 salmon filets (just over 4 oz each)	----	4
<input type="checkbox"/> 1 lb ground turkey	----	6 28
<input type="checkbox"/> 12 (4 oz) chicken breasts boneless, skinless	----	8 10 12 14 24
<input type="checkbox"/> 2 beef steaks (5 oz each if bone in, 4 oz if not) (filet, ribeye, strip, sirloin)	----	16 18
<input type="checkbox"/> 4 pork chops (5 oz each bone in, 4 oz if not)	----	20 22
<input type="checkbox"/> jerky	----	15 23

OTHER	NEED	MEALS
<input type="checkbox"/> Olive oil	----	many
<input type="checkbox"/> 22 eggs (2 opt)	----	1 5 9 12 13 14 25 28
<input type="checkbox"/> 3 c almond flour	----	4 12 14 20 22
<input type="checkbox"/> 1 1/2 c unsweetened shredded coconut	----	11 13
<input type="checkbox"/> 1/4 c carob powder or cocoa (opt)	----	11
<input type="checkbox"/> 1 T honey (opt)zz	----	11
<input type="checkbox"/> 1 cup almond milk (opt)	----	13
<input type="checkbox"/> coconut oil	----	11 28
<input type="checkbox"/> balsamic vinegar	----	7 28
<input type="checkbox"/> almond butter	----	17 19
<input type="checkbox"/> 1 can unsweetened coconut milk	----	17 24 28
<input type="checkbox"/> 1 (8 oz) can of tomato sauce	----	16 18
<input type="checkbox"/> salsa	----	9
<input type="checkbox"/> Paleo-friendly salad dressing	----	6
<input type="checkbox"/> 1/2 c beef broth or beef bouillon cubes	----	28

NUTS	NEED	MEALS
<input type="checkbox"/> 1/4 c pecan pieces	----	4
<input type="checkbox"/> 4 oz slivered almonds	----	9
<input type="checkbox"/> 1/4 c raw sunflower seeds (opt)	----	12 14
<input type="checkbox"/> 1/2 c ground almonds	----	11

VEGETABLES	NEED	MEALS
<input type="checkbox"/> 2 handfuls mixed greens	----	6
<input type="checkbox"/> 2 lb collard greens	----	12
<input type="checkbox"/> 5 handfuls spinach	----	21 25
<input type="checkbox"/> 3 sprigs fresh rosemary	----	4 8
<input type="checkbox"/> 1 bunch cilantro	----	6
<input type="checkbox"/> fresh parsley	----	12 14 28
<input type="checkbox"/> 4 yellow onions	----	12 14 16 18 21 24 25
<input type="checkbox"/> sm bunch green onions	----	1 4 5
<input type="checkbox"/> 1 sm red onion	----	6 28
<input type="checkbox"/> 10 cloves of garlic	----	6 12 14 16 18 24 28
<input type="checkbox"/> 4 shallots	----	8 10
<input type="checkbox"/> 3 lrg tomatoes	----	1 5 12 25
<input type="checkbox"/> 1 lb green beans	----	4
<input type="checkbox"/> 1 lb asparagus	----	28
<input type="checkbox"/> 2 med zucchini	----	16
<input type="checkbox"/> 2 med yellow summer squash	----	16 18
<input type="checkbox"/> 4 red bell peppers	----	20 22 24 25
<input type="checkbox"/> 1 lrg carrot	----	28
<input type="checkbox"/> 8-10 crimini or white button mushrooms	----	24
<input type="checkbox"/> 1 1/2 lb sweet potatoes	----	8 10
<input type="checkbox"/> serving vegetables of choice	----	15

FRUIT	NEED	MEALS
<input type="checkbox"/> 1 small lemon	----	4
<input type="checkbox"/> handful of berries	----	19
<input type="checkbox"/> 1 can pineapple rings (in juice not syrup), or 1 small pineapple	----	20 22
<input type="checkbox"/> 3 Granny Smith apples	----	20 22
<input type="checkbox"/> 4 cups frozen berries	----	7
<input type="checkbox"/> serving fruit of choice	----	15

SPICES	NEED	MEALS
<input type="checkbox"/> sea salt		
<input type="checkbox"/> ground black pepper		
<input type="checkbox"/> coriander		
<input type="checkbox"/> oregano		
<input type="checkbox"/> cayenne pepper		
<input type="checkbox"/> cinnamon		
<input type="checkbox"/> cumin		