

1900 CALORIE 21 DAY PALEO GROCERY LIST

PROTEINS

___ Bacon, cured, nitrate free	1 Pound
___ Beef, chuck pot/ blade road, lean	1 Pound
___ Beef, ground, 90% lean	1 Pound
___ Beef, top sirloin, lean	1 Pound
___ Chicken breast, white meat	4.5 Pounds
___ Eggs, organic	6.5 Dozen
___ Halibut	2 Pounds
___ Lamb, leg shank half, lean,	8 Ounces
___ Protein Powder	1 Container
___ Rainbow trout	6 Ounces
___ Salmon smoked (lox)	9 Ounces
___ Salmon, wild	1 Pound
___ Sausage, beef, nitrate free	1 Pound
___ Shrimp, raw	1 Pound
___ Tuna, in water	7 Cans
___ Turkey breast slices, nitrate free	1 Pound
___ Turkey, burger	12 Burgers
___ Turkey meatballs	14 Meatballs

VEGETABLES

___ Asparagus	40 Spears
___ Avocado	9 Medium
___ Bok Choy	3 Medium
___ Broccoli, fresh or frozen	3 Heads
___ Brussels sprouts frozen/fresh	1 Cup
___ Carrots, baby raw	2 Bags
___ Cauliflower, fresh or frozen	2 Heads
___ Celery, trimmed	3 Bunches
___ Cole slaw, home-prepared	4 Cups
___ Cucumber	2 Whole
___ Garlic, raw	6 Cloves
___ Ginger root, raw	1 Teaspoon
___ Green beans	2 Handfuls
___ Green pepper	4 Medium
___ Hot chili pepper	1 Tablespoon
___ Kale	2 Heads
___ Lettuce, cos or romaine	3 Heads
___ Mixed vegetables, frozen	1 Bag
___ Mushrooms, portabella	4 Whole
___ Mushrooms, white	6 Cups
___ Olives, ripe	48 Any size
___ Onion, white	2 Medium
___ Red pepper	3 Medium
___ Sauerkraut, canned low sodium	2 Cans
___ Seaweed, agar, kelp wakame raw	1 Cup
___ Spinach	15 Cups
___ Spring onion or scallions	1 Bunch
___ Squash, butternut	1 Large
___ Squash, spaghetti	2 Medium
___ Tomatoes	14 Medium
___ Tomato sauce, no salt added	2 Jars
___ Tomato, canned, whole, no salt	1 Can
___ Yam	2 Medium
___ Zucchini	9 Medium

FRUITS

___ Apple, with peel	9 Medium
___ Blackberries, frozen	3 Pints
___ Blueberries, frozen	1 Bag
___ Blueberries	3 Pints
___ Grapefruit, pink or red	4 Small
___ Pear, with peel	8 Medium
___ Pineapple	2.5 Cups
___ Raspberries	3 Pints
___ Strawberries	3 Pints
___ Watermelon	1 Whole

NUTS/SEEDS

___ Alfalfa seeds, sprouted, raw	1 Bunch
___ Almond butter	1 Jar
___ Almonds, raw	3 Cups
___ Cashews, raw	3 Cups
___ Chia seeds, whole	2 Cups
___ Hazelnuts, raw	2 Cups
___ Hemp seeds	4 Cups
___ Pumpkin seeds, raw	2 Cups
___ Sesame seeds, whole, raw	1 Cup
___ Walnuts	3 Cups

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OILS

___ Coconut Oil 1 Jar
___ Mayonnaise, low fat 1 Jar
___ Olive oil, Extra Virgin 1 Bottle

DAIRY AND ALTERNATIVES

___ Butter 1/2 Pound
___ Coconut milk, canned 1 Can
___ Kefir, plain 2 Containers
___ Unsweetened
almond milk 3 Cartons

MISCELLANEOUS

___ Alcohol, red wine 1 Bottle
___ Cinnamon 1 Cup
___ Coconut flour 1 Pound
___ Honey, unpasteurized raw 1 Jar
___ Miso soup or miso paste 1 Container
___ Mustard, prepared, yellow 1 Jar
___ Salsa, medium,
no sugar added 1 Jar
___ Shirataki noodles 3 Packages
___ Tea, green 22 Bags
___ Vegetable soup,
low sodium 1 Container
___ Vinegar, balsamic 1 Jar
___ Vinegar, apple cider 1 Jar

