

SHOPPING LIST

SUBSTITUTIONS

- Cereal-** Forager, Three wishes, Julies Grain Free, Faleo Crunch, Catalina Crunch
- Soy sauce-** coconut aminos
- Mayonaise-** paleo mayonnaise or avocado oil based mayonnaise from brands like primal kitchen or chosen foods
- Salad dressings with harmful oils-** Primal Kitchen brand salad dressings
- Cookies and crackers-** Simple Mills, Siete, Hu, Catalina Crunch
- Flour-** almond flour, coconut flour, cassava flour, arrow root flour, tapioca starch
- Sugar-** Stevia, Monk Fruit, Lo Han Guo, Honey, Pure Maple Syrup
- Candy Bars-** Justin's, HU
- Protein bars-** RX bars, Bullet Proof Bars, Epic Jerky Bars
- Chicken and Beef Stock-** Chicken and Beef Bone Broth such as Pacific
- Chips-**Siete, Kettle brand with Avocado, Barnanas
- Milk-** A2 milk, almond milk, coconut milk, cashew milk
- Creamer-** nut pods, almond milk, coconut milk, cashew milk, so delicious,
- Ketchup -**Califia farms ketchup- regular cane sugar instead of high fructose corn syrup, Primal Kitchen brand is sugar free
- Pizza crust-** Capello's
- Bread-** Sour dough, grain free ones can be baked with Purely Elizabeth brand mix
- Hot dogs-** organic grass-fed hotdogs
- Pasta-** Capello's brand, zucchini noodles, sweet potato noodles, beet noodles, spaghetti squash, jovial, veggie craft
- Rice-** riced cauliflower, right rice
- Wine-** Sutter Home Fre varieties, Ariel, Be-Well
- Ice cream-** So Delicious, Coconut Bliss
- Soda-** Zevia, La Croix, Aha
- French fries-** sliced thin red potatoes fried in coconut oil with seasonings
- Cheetos-** lesser evil, paleo puffs
- Pancakes and waffles-** Birch Benders Paleo regular and banana
- Chocolate chips-** Enjoy your life, eat some chocolate chips.

SHOPPING LIST (1)

PRODUCE - EAT THE RAINBOW

APPLES (RED VARIETIES LIKE JUICY RED, JAZZ, PINK LADY AND HONEY CRISP)
BEETS
CABBAGE
CHERRIES
CRANBERRIES
DWARF RED BANANAS
GRAPES
GUAVA
PEPPERS
PINK GRAPEFRUIT
POMEGRANATES
RADISHES
RASPBERRIES
RHUBARB
SALSA
STRAWBERRIES
TOMATOES
TURNIPS
WATERMELON

APPLES (YELLOW VARIETIES LIKE GOLDEN DELICIOUS)
APRICOTS
CANTALOUPE
CARROTS
JACK FRUIT
GRAPEFRUIT
LEMONS
MANGOES
NECTARINES
ORANGES
PAPAYAS
PASSION FRUIT
PEACHES
PEARS
PEPPERS
PERSIMMONS
PINEAPPLE
PLANTAINS
PUMPKIN
RUTABAGAS
STAR FRUIT
SQUASH (ALL VARIETIES)
SWEET POTATOES
TANGERINES

APPLES (GREEN VARIETIES LIKE GRANNY SMITH)
ARTICHOKES
ASPARAGUS
AVOCADOS
BOK CHOY
BROCCOLI
BROCCOLINI
BRUSSEL SPROUTS
CABBAGE
CELERY
COLLARD GREENS
CUCUMBER
GRAPES
GREEN BEANS
GREEN ONIONS
HONEYDEW MELON
KALE
KIWI
LETTUCE
LIMES
OKRA
PEARS
PEAS
PEPPERS
SEA WEED
SPROUTS
SPINACH
WATERCRESS
ZUCCHINI

BAMBOO SHOOTS
BANANAS
BEAN SPROUTS
CAULIFLOWER
COCONUTS
FENNEL
GARBANZO BEANS
GARLIC
JICAMA
LEEKS
MUNG BEANS
MUSHROOMS
ONIONS
PARSNIPS
SHALLOTS
TURNIPS

BLACKBERRIES
BLUEBERRIES
EGGPLANT
FIGS
GRAPES
PLUMS
PLUOTS

FERMENTED VEGGIES

KIMCHI
PICKLES
SAUERKRAUT

SHOPPING LIST (2)

HERBS

ARUGULA
BASIL
BAY LEAVES
CHIVES
CHERVIL
CORIANDER
CILANTRO
DILL
MINT
MARJORAM
OREGANO
PARSLEY
ROSEMARY
SAGE
SAVORY
SORREL
TARRAGON
THYME

SPICES

ALLSPICE	LEMON BALM
ANISE	LEMON GRASS
BAY LEAF	LEMON VERBENA
BASIL	LICORICE
BERGAMOT	MUSTARD
BLACK PEPPER	NUTMEG
CUMIN	OREGANO
CARAWAY	PAPRIKA
CARDAMOM	PARSLEY
CAYENNE PEPPER	PEPPERMINT
CELERY SEED	POPPY SEED
CHICORY	ROSEMARY
CHILI PEPPER	SAFFRON
CHIVES	SAGE
CINNAMON	SALT (SEA SALT & HIMALAYAN SEA SALT)
CLOVE	SAVORY
CORIANDER	SESAME
CUMIN	SORREL
CURRY	STAR ANISE
DILL	SPEARMINT
FENNEL	TARRAGON
GINGER	THYME
HOLY BASIL	TURMERIC
HORSERADISH	VANILLA
LAVENDER	WASABI

CONDIMENTS

BARBECUE SAUCE (NO CORN SYRUP)
COCONUT AMINOS (SOY SAUCE REPLACEMENT)
KETCHUP (MINUS THE CORN SYRUP)
MAYONNAISE (MADE WITH AVOCADO OIL OR OLIVE OIL)
MUSTARD (NO YELLOW NUMBER 5)
SALAD DRESSING (NO VEGETABLE OIL, SUCH AS PRIMAL KITCHEN, OR YOU CAN MAKE YOUR OWN)
WORCESTERSHIRE SAUCE (NO SOY OR CORN SYRUP)
HOT SAUCE (NO VEGETABLE OILS) *FRANKS, TOBACCO AND VALENTINO

SWEETNESS

COCONUT SUGAR
DATES
DATE SUGAR
HONEY
MOLASSES
MONK FRUIT EXTRACT
ORGANIC BROWN SUGAR (OCCASIONALLY)
PURE MAPLE SYRUP
STEVIA

BEANS

BLACK BEANS	FAVA BEANS	KIDNEY BEANS	NAVY BEANS
BLACK EYED PEAS	GARBANZO BEANS	LENTILS	PEAS
CANNELLINI BEANS	(CHICK PEAS)	LIMA	PINTO BEANS
			WHITE BEANS

SHOPPING LIST (3)

FISH AND SEAFOOD: WILD, NOT FARMED

ALBACORE TUNA
COD
HALIBUT
HERRING
LOBSTER
OCTOPUS
TILAPIA
SARDINES
SCALLOPS
SHRIMP
SPANISH MACKEREL
WHITE FISH
WILD ALASKAN SALMON

GAME MEATS

GOAT
RABBIT
WILD BISON
WILD ELK
WILD OSTRICH
WILD VENISON
(A BRAND CALLED EPIC MAKES THESE
TYPES OF MEATS AVAILABLE AS A
JERKY BAR FOR A HIGH PROTEIN SNACK,
BONE BROTH AS WELL)

GRASS FED BEEF

GRASS FED FILET MIGNON
GRASS FED GROUND BEEF
GRASS FED ROUND STEAK
GRASS FED RIBEYE
GRASS FED SIRLOIN
NITRITE AND NITRATE-FREE HOT DOGS
NITRITE AND NITRATE-FREE LUNCH MEATS (OCCASIONALLY)
NITRITE AND NITRATE-FREE BACON

ORGANIC BONE BROTH

BEEF
BISON
BUFFALO
CHICKEN
FISH
LAMB
PORK
TURKEY
VEAL
VENISON

PORK: PASTURE-RAISED

PORK CHOPS
GROUND PORK
PORK LOIN
PORK
STEAK
NITRITE AND NITRATE FREE SAUSAGE
NITRITE AND NITRATE FREE BACON

POULTRY: ORGANIC

ORGANIC CHICKEN (BREAST, THIGHS, LEGS, WINGS, WHOLE)
ORGANIC DUCK
ORGANIC TURKEY BREAST
ORGANIC GROUND TURKEY
ORGANIC QUAIL
NITRITE AND NITRATE-FREE CHICKEN SAUSAGE
NITRITE AND NITRATE-FREE TURKEY BACON
ORGANIC PASTURE RAISED EGGS ARE BEST,
2ND ORGANIC, AND 3RD CONVENTIONAL EGGS
(BECAUSE IT'S STILL BETTER THAN A POP TART!)

VEGETARIAN: NON-GMO

MISO
TEMPEH
TOFU (OCCASIONALLY)



SHOPPING LIST (4)

DAIRY ALTERNATIVES

ALMOND MILK
CASHEW MILK
COCONUT MILK
A2 MILK (IF NOT READY TO GO TO NON DAIRY ALTERNATIVE)
GOAT
HEMP MILK
CASHEW CHEESE

DAIRY (PREFERABLY FULL FAT)

ALMOND MILK GREEK YOGURT
BUFFALO MOZZARELLA
FETA CHEESE
GOAT CHEESE
GHEE (CLARIFIED BUTTER)
GRASS FED BUTTER (OCCASIONALLY)
GREEK YOGURT (OCCASIONALLY FOR SOME)

FLOURS AND POWDERS:

ALMOND
ARROWROOT
CASSAVA
COCONUT
PLANTAIN FLOUR
POTATO STARCH
TAPIOCA STARCH

BREAD

SPROUTED BREAD
SOUP DOUGH BREAD
PALEO SEED BASED BREAD

FATS & OILS:

AVOCADO OIL
ALMOND OIL
ARTISANAL GRAPE SEED OIL
COCONUT OIL
COCOA BUTTER
EXTRA VIRGIN OLIVE OIL
FLAXSEED OIL
GHEE
GRASS FED BUTTER
HEMPSEED OIL
LARD
MACADAMIA NUT OIL
SESAME OIL
TALLOW

NUT BUTTERS:

ALMOND BUTTER
CASHEW BUTTER
SESAME BUTTER
SUNFLOWER SEED BUTTER

BEVERAGES:

ORGANIC COFFEE
SPARKLING WATER SUCH AS LA CROIX AND AHA
TEA- GREEN AND BLACK TEA VARIETIES AND HERBAL (REMEMBER CAFFEINE TIMING)
ZEVIA (HEALTHIER SODA ALTERNATIVE)

NUTS & SEEDS:

(VARIETY IS KEY)

ALMONDS
BRAZIL NUTS
CASHEWS (SOME TIMES)
CHEST NUTS
HAZELNUTS
MACADAMIA NUTS
PECANS
PINE NUTS
PISTACHIOS
PUMPKIN SEEDS
SESAME SEEDS
SUNFLOWER SEEDS
WALNUTS