PALEO SHOPPING LIST

Fish

- [ ] Anchovies
- [ ] Bass
- [ ] Bass
- [ ] Cod
- [ ] Flounder
- [ ] Halibut
- [ ] Halibut
- [ ] Mackerel
- [ ] Mahi Mahi
- [ ] Red Snapper
- [ ] Salmon
- [ ] Salmon
- [ ] Sardines
- [ ] Sardines
- [ ] Shark
- [ ] Sunfish
- [ ] Swordfish
- [ ] Tilapia
- [ ] Trout
- [ ] Tuna
- [ ] Tuna
- [ ] Walleye

Shellfish

- [ ] Clams
- [ ] Crab
- [ ] Lobster
- [ ] Mussels
- [ ] Scallops

Fats

www.yourprintablepdf.com

- [ ] Avocado Oil
- [ ] Coconut Manna
- [ ] Coconut Milk
- [ ] Coconut Oil
- [ ] Extra Virgin Olive Oil
- [ ] Hazelnut Oil
- [ ] Lard
- [ ] Macadamia Oil
- [ ] Tallow
- [ ] Walnut Oil
- [ ] Flaxseed Oil
- [ ] Sesame Oil

Vegetables

Artichoke Hearts

- [ ] Asparagus
- [ ] Avocado
- [ ] Broccoli
- [ ] Brussels Sprouts
- [ ] Cabbage
- [ ] Carrots
- [ ] Cauliflower
- [ ] Celery
- [ ] Eggplant
- [ ] Green Onions
- [ ] Parsley
- [ ] Peppers (All Kinds)
- [ ] Spinach
- [ ] Zucchini

Meat

- [ ] Beef
- [ ] Bison
- [ ] Chicken
- [ ] Turkey
- [ ] Duck
- [ ] Pork
- [ ] Ground Beef
- [ ] Lamb
- [ ] Venison
- [ ] Rabbit
- [ ] Goat
- [ ] Bacon

Other Items

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

_____
_____
_____
_____
_____
_____
_____
_____