

PALEO



# KITCHEN STORIES

OUR HOME TO YOURS



## SHOPPING LIST

### VEGETABLES

- 1 Head Cauliflower
- 1 Head Broccoli
- 30 Brussels Sprouts
- 1 Bunch Asparagus
- 2 Bunches Spinach
- 2 Red Onions
- 2 Red Peppers
- 4 Shallots
- 2 Garlic Heads

### FRUITS

- 3 Avocados
- 3 Tomatoes
- 5 Apples
- 1 Pint Blueberries
- 1 Pint Strawberries
- Frozen Berries (e.g. Cherries)
- 3 Lemons
- 2 Limes

### PROTEINS/FATS

- 2 lbs Ground Beef (Grass Fed)
- 1 Whole Organic Chicken
- 4 Pork Breakfast Sausages
- 2 Grass Fed Steaks
- 1 Fillet Salmon (Wild Caught)
- 1 Dozen Eggs  
(Farm Fresh/Pastured)
- Grass Fed Butter/Ghee

### PANTRY ITEMS

- Olive Oil
- Coconut Oil
- Sea Salt
- Pepper
- Dried Oregano
- Dried Basil
- Dried Thyme
- Paprika
- Chili Powder
- Cumin Seeds
- Chia Seeds
- Curry Powder
- Nuts
  - Walnuts
  - Almonds
  - Pecans

- Nut Flours
  - Almond
  - Coconut
- Unsweetened Shredded Coconut
- Vanilla Extract
- Honey
- Canned Coconut Milk
- Tomato Paste
- Canned Crushed Tomatoes
- Canned Whole Tomatoes
- Canned Diced Tomatoes
- Hot Sauce
- Dijon Mustard
- Tea/Coffee

### HERBS

- Thyme
- Rosemary
- Dill