PALEO MEAL PLAN SHOPPING LIST
WEEK 1

Produce
2 sweet potatoes
2 medium yellow onion
9 cloves garlic
3 limes
1 lemon {organic}
1 orange
cilantro
parsley
brussels sprouts {1lb}
ginger root
2 carrots
1 english cucumber
1 red bell pepper
green onions

Deli
4 eggs

Fish/Meat
jumbo shrimp {1lb}
4 boneless skinless chicken breasts
salmon filet, skin removed {1 1/2lb}
round steak {3lb}
boneless skinless chicken tenders {1lb}

Freezer
1 cup peas

Staples
1-14.5 oz. can pumpkin puree {not pie mix}
1/2 cup almond butter
8 oz. dairy free semisweet chocolate chips {everyday life brand}
1 1/2 cup low sodium chicken broth
green curry paste
1 1/2 cup macadamia nuts
1 cup coconut flour
1/2 cup unsweetened shredded coconut

Pantry Check List before you shop
sea salt
kosher salt
pepper
coconut oil {1tea
extra virgin olive oil {1 3/4cup}
coconut sugar {1cup}
vanilla extract {1 1/2tsp}
unsweetened cocoa powder {1TBS}
arrowroot flour {5TBS}
maple syrup {4TBS}
pumpkin spice mix
dried ginger {1/2tsp}
sesame seeds {1tea}
dried Italian seasoning {1 1/2tsp}
white wine {1/3cup}
honey {1/4cup}
coconut aminos {1/4cup}
sesame oil {2tsp}
dried red pepper flakes
cumin {2TBS}
paprika {2TBS}
garlic powder {2tsp}
creole seasoning {2TBS}
apple cider vinegar {1TBS}

A HEALTHY LIFE FOR ME