



Paleo Diet Shopping List



Lean Meat, Fish

- Chicken
- Grass-fed beef
- Herring
- Mackerel
- Pork
- Salmon
- Sardines
- Tuna
- Turkey

Healthy Oil

- Coconut oil
- Linseed/flaxseed oil
- Olive oil
- Rapeseed oil

Miscellaneous

- Almond butter
- Almond milk
- Dark chocolate
- Honey
- Herbs & spices

Vegetables

- Asparagus
- Aubergines
- Avocados
- Beetroot
- Bell Peppers
- Broccoli
- Brussel's sprouts
- Carrots
- Celery
- Courgettes/zucchini
- Cucumbers
- Kale
- Lettuce
- Mushrooms
- Onions
- Tomatoes
- Rocket/arugula
- Spinach
- Sweet potatoes

Drinks

- Almond milk
- Coffee
- Green tea
- Tea
- Water

Fruit

- Apples
- Bananas
- Blackberries
- Blueberries
- Grapes
- Lemons
- Limes
- Oranges
- Peaches
- Pears
- Raspberries
- Strawberries

Nuts and Seeds

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Hazelnuts
- Linseed
- Pistachios
- Pumpkin seeds
- Sunflower seeds
- Walnuts



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

