









# Paleo

## Shopping List: Meal Plan - Week 1

 Meat & Fish	 Vegetables	 Other
24 eggs	Salad greens	Extra-virgin olive oil
1 lb Italian sausage	1 lb green beans	Ghee
1 whole chicken		Balsamic vinegar
1 lb ham	 Fruits	Tapioca starch
Smoked salmon	4 lemons	Dijon mustard
1.5 lbs ground beef or lambs	Piece of fruit	Coconut aminos
2 cups pre-cooked ham	1 pineapple	Rice vinegar
1 lb boneless and skinless chicken breast	1/4 cups pineapple juice	Sesame oil
4 cod fillets	1 green apple	1 handful olives
2 cans wild salmon	Bananas	Maple syrup
2 cans tuna		2 cups beef stock
3 lbs chuck roast	 Nuts	7 cups chicken stock
Prosciutto	Almond butter	2 cans coconut milk
	1 Handful nuts or trail mix	2 tbsp tomato paste
 Vegetables	 Spices	
4 sweet potatoes	27 cloves garlic	
7 yellow onions + 1 red onion	1 1/2 tsp ginger	
5 bell peppers	1 tsp paprika	
1 bunch green onions	1 tsp ground cinnamon	
18 carrots	1 thumb size knob of ginger	
1 1/2 lbs mixed wild mushrooms		
3 shallots	 Herbs	
2 lbs plum or mixed tomatoes	3 tbsp rosemary	
1 head cauliflower	Fresh thyme	
1 butternut squash	Fresh parsley	
1 leek	1 1/6 tbsp dried oregano	
3 cups broccoli	1/2 cups basil leaves	
10 mushrooms	Fresh chives	
2 cups baby spinach	1 tsp dried mint	
1/2 lbs mushrooms		
3 parsnips		