










Paleo

Shopping List: Meal Plan - Week 2

 Meat & Fish	 Vegetables	 Herbs
8 chicken breasts	1 eggplant	Fresh parsley
21 eggs		1/2 tsp dried thyme
Bacon	 Fruits	1 1/2 tsp dried oregano
1 lb ground beef	1 granny smith apple	1 tsp dill weed
6 pork sausages	1 lemon	1 tsp dried parsley
2 lbs boneless beef chuck roasts	Fresh fruit	Small bunch oregano leaves
Beef jerky	1/4 cups lemon juice	1 tsp coriander powder
4 1/4 lbs boneless pork shoulder	Frozen berries	1 bunch basil
4 wild salmon fillets	 Nuts	 Other
2 cans tuna	1 cup raw pistachios	Extra-virgin olive oil
	Handful nuts or trail mix	3 tbsp red wine vinegar
	 Spices	1 tbsp Dijon or coarse grain mustard
 Vegetables	15 cloves garlic	2 tbsp tapioca starch
3 red onions + 6 yellow onions	3/4 tsp garlic powder	Coconut oil
1 celery stalk	Paprika	6 cups beef stock
3 cups grape tomatoes	2 red chilies	
7 sweet potatoes	0.3 cups chili powder	
10 bell peppers	2 tbsp smoked paprika	
1 rutabaga	1/4 tsp ground cayenne pepper	
6 carrots	2 green chilies	
2 parsnips	Cumin	
1 large head cauliflower	2 tsp ginger	
1 cup mushrooms	2 tsp turmeric powder	
3 cups baby spinach	1 tsp red chili powder	
1 tomato	Red chili paste	
4 zucchinis	 Herbs	
2 cans diced tomatoes	Fresh chives	
Brussels sprouts	1 few sprigs of thyme	
2 beets		
1 head cabbage		
3 avocados		
Salad greens		