

1200 CALORIE 21 DAY PALEO GROCERY LIST

PROTEINS

__ Bacon, cured, nitrate free	5 Slices
__ Beef, chuck pot/blade roast, lean	1/2 Pound
__ Beef, ground, 90% lean	1/2 Pound
__ Beef, top sirloin, lean	1/2 Pound
__ Chicken breast, white meat	3 Pounds
__ Egg organic	3.5 Dozen
__ Halibut	1 Pound
__ Lamb, leg shank half, lean,	5 Ounces
__ Protein Powder	1 Container
__ Rainbow trout	5 Ounces
__ Salmon smoked (lox)	1/2 Pound
__ Salmon, wild	1 Pound
__ Sausage, beef, nitrate free	1 Pound
__ Tuna, in water	2 Cans
__ Turkey breast slices, nitrate free	1/2 Pound
__ Turkey, burger	6 Burgers
__ Turkey meatballs	10 Meatballs

VEGETABLES

__ Asparagus	40 Spears
__ Avocado	2 Medium
__ Bok Choy	1 Medium
__ Broccoli, fresh or frozen	2 Heads
__ Brussels sprouts frozen/fresh	2 Cups
__ Carrots, baby raw	1 Bag
__ Cauliflower, fresh or frozen	1 Head
__ Celery, trimmed	2 Bunches
__ Cole slaw, home-prepared	1.5 Cups
__ Cucumber	2 Whole
__ Garlic, raw	3 Cloves
__ Ginger root, raw	1 Teaspoon
__ Green beans	1 Handful
__ Green pepper	2 Medium
__ Hot chili pepper	1 Tablespoon
__ Kale	1 Head
__ Lettuce, cos or romaine	1 Large head
__ Mixed vegetables, frozen	1 Bag
__ Mushrooms, portabella	2 Whole
__ Mushrooms, white	4 Cups
__ Olives, ripe	12 Any size
__ Onion, white	2 Medium
__ Red pepper	2 Medium
__ Sauerkraut, canned low sodium	1 Can
__ Seaweed, agar, kelp wakame raw	1/2 Cup
__ Spinach	1 Cup
__ Spring onion or scallions	1 Bunch
__ Squash, butternut	1 Large
__ Squash, spaghetti	2 Medium
__ Tomatoes	8 Medium
__ Tomato sauce, no salt added	1 Jar
__ Tomato, canned, whole, no sale	1 Can
__ Yam	2 Medium
__ Zucchini	6 Medium

FRUITS

__ Apple, with peel	6 Medium
__ Blackberries, frozen	2 Pints
__ Blueberries, frozen	1 Bag
__ Blueberries	2 Pints
__ Grapefruit, pink or red	2 Small
__ Pear, with peel	3 Medium
__ Pineapple	1 Cup
__ Raspberries	2 Pints
__ Strawberries	2 Pints
__ Watermelon	1/2 Whole

NUTS/SEEDS

__ Alfalfa seeds, sprouted, raw	1 Bunch
__ Almond butter	1 Jar
__ Almonds, raw	2 Cups
__ Cashews, raw	2 Cup
__ Chia seeds, whole	1 Cup
__ Hazelnuts, raw	1 Cup
__ Hemp seeds	2 Cups
__ Pumpkin seeds, raw	1 Cup
__ Sesame seeds, whole, raw	1 Cup
__ Walnuts	2 Cups

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OILS

- Coconut Oil 1 Jar
- Mayonnaise, low fat 1 Jar
- Olive oil, Extra Virgin 1 Bottle
- _____
- _____
- _____
- _____

DAIRY AND ALTERNATIVES

- Butter 1/2 Pound
- Coconut milk, canned 1 Can
- Kefir, plain 2 Containers
- Unsweetened
almond milk 2 Cartons
- _____
- _____
- _____
- _____

MISCELLANEOUS

- Cinnamon 1 Cup
- Coconut flour 1/2 Pound
- Honey, unpasteurized raw 1 Jar
- Miso soup or miso paste 1 Container
- Mustard, prepared, yellow 1 Jar
- Salsa, medium,
no sugar added 1 Jar
- Shirataki noodles 2 Packages
- Tea, green 22 Bags
- Vegetable soup,
low sodium 1 Container
- Vinegar, balsamic 1 Jar
- Vinegar, apple cider 1 Jar
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