

A close-up photograph of a roasted chicken in a pan. The chicken is golden brown and surrounded by sliced lemons and fresh rosemary sprigs. The background is dark, making the food stand out.

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Eat Drink **PALEO**

*Your essential paleo
shopping list*

This shopping list is designed based on how I shop to stock up my pantry and fridge. Some of the items are staples that will last for months and others will need to be replenished on weekly basis.

stocking up your pantry

These staples are used in the meal plan and are good to have in your pantry full time.

For the pantry: jars & tins

- tinned tomatoes or passata sauce
- tinned sardines, tuna or salmon
- gherkins (look for low sugar variety)
- sun-dried tomatoes (in olive oil or dry)
- vinegar - apple cider, balsamic or white vinegar
- coconut milk or cream
- coconut aminos (use instead of sweet soy sauce)
- coconut water (ultimate hydration)
- fish sauce
- hot chili sauce
- mustard
- raw honey
- tahini
- sesame oil
- red wine

For the pantry: dry goodies

- green tea, mint tea and coffee beans
- almond meal or flour
- macadamia nuts
- almonds, hazelnuts and cashews
- coconut flour
- coconut syrup or sugar
- natural green leaf stevia
- gluten-free baking powder
- dark chocolate
- raw cacao powder
- vegetable, chicken and beef stock
- vanilla extract
- tapioca flour
- beef Jerky
- curry paste
- quinoa and some white rice

Herbs & Spices

- coconut oil
- virgin olive oil (for low temp cooking)
- extra-virgin olive oil (for cold uses)
- macadamia oil (for cooking and baking)
- ghee (for cooking)
- butter (for cooking and baking)

Herbs & Spices

- bay leaves
- black pepper
- chili flakes
- cinnamon
- ground or whole coriander seeds
- ground or whole cumin seeds
- curry powder
- garlic powder
- dried Italian herbs
- nutmeg
- rosemary leaves
- sea salt or celtic salt
- smoked paprika
- sweet paprika
- star anise
- turmeric

fresh things

Fresh fruit & vegetables

- apples
- avocados
- bananas
- berries (usually blueberries or strawberries)
- broccoli
- brussel sprouts
- white or red cabbage
- carrots
- cauliflower
- celery
- cucumber
- garlic
- ginger
- kiwifruit
- kale
- lemon
- lime
- mixed lettuce
- mushrooms
- onion
- pumpkin
- radishes
- red peppers
- spinach
- sweet potato
- tomatoes
- basil
- parsley
- coriander (cilantro)
- thyme
- dill
- chives

Frozen stuff

- Frozen berries
- Spinach and some green peas

From butcher & fishmonger

- free range bacon
- cooked or raw prawns
- oily fish like salmon, trout or cod
- lamb (loin, chops, shanks or roast)
- Minced/ground grass fed beef
- whole chicken or a bunch of chicken pieces
- gluten free sausages
- good quality, dried salami

Other stuff for the fridge

- free-range eggs
- smoked salmon
- full fat yogurt, unsweetened or coconut yogurt
- halloumi cheese
- aged Parmesan or Pecorino cheese
- soft goats feta
- olives