

# Paleo Grocery List

**Produce**  
 Apples  
 Asparagus  
 Avocados  
 Bananas  
 Broccoli  
 Carrots  
 Cauliflower  
 Celery  
 Cherries  
 Cucumbers / Zucchini  
 Eggplant  
 Garlic  
 Grapefruit  
 Grapes  
 Greens: lettuce, spinach, kale  
 Kiwis  
 Lemons / Limes  
 Melons  
 Mushrooms  
 Nectarines  
 Onions  
 Oranges  
 Peaches  
 Pears  
 Peppers  
 Plums  
 Potatoes  
 Squash  
 Tomatoes

**Seafood**  
 Crab  
 Halibut  
 Lobster  
 Mussels  
 Oysters  
 Salmon  
 Shrimp  
 Tilapia  
 Trout

**Meat: not from the deli**  
 Bacon / Sausage  
 Brisket  
 Chicken  
 Ground beef / Ground turkey  
 Ham / Pork  
 Lamb  
 Turkey

**Dairy and Eggs**  
 Almond Milk  
 Butter / Margarine / Ghee  
 Coconut Milk  
 Eggs  
 Heavy Cream

**Deli**  
 Deli-prepared meals  
 Deli Meat  
 Deli Cheese

**Cheese**  
 Cheddar  
 Feta  
 Goat Cheese  
 Mozzarella  
 Parmesan  
 String Cheese  
 Swiss

**Snacks**  
 Dried Fruit  
 Jerky  
 Nuts

**Baking**  
 Almond Flour  
 Baking Powder / Soda  
 Coconut Flour  
 Coconut Oil  
 Cocoa

**Coffee and Tea**  
 Coffee  
 Coffee Filters  
 Tea

**Spices and Herbs**  
 Basil  
 Black Pepper  
 Cayenne  
 Cilantro  
 Cinnamon  
 Garlic Powder/Salt  
 Ginger  
 Mint  
 Onion Powder/Salt  
 Oregano  
 Paprika  
 Parsley  
 Red Pepper  
 Salt  
 Vanilla Extract

**Condiments, Sauces, Spreads**  
 Agave  
 Almond Butter  
 Honey  
 Hot sauce  
 Maple Syrup  
 Lemon/Lime Juice  
 Pickles  
 Salsa  
 Vinegar

**Cooking**  
 Coconut Oil  
 Olive Oil  
 Tomatoes: Paste, Crushed

**Baby**  
 Baby Food  
 Diapers  
 Formula  
 Shampoo / Body Wash  
 Toys  
 Wipes

**Kitchen / Cleaning**  
 Air Freshener  
 Aluminum Foil  
 Bathroom Cleaner  
 Bleach / Detergent  
 Dish Soap  
 Fabric Softener  
 Garbage Bags  
 Glass Cleaner  
 Mop Head / Vacuum Bags  
 Napkins  
 Paper Towels  
 Plastic Wrap  
 Sandwich / Freezer Bags  
 Sponges / Sponge Heads  
 Waxed Paper

**Pet**  
 Cat Litter  
 Food / Treats  
 Medicine / Ointment  
 Pet Shampoo  
 Toys

**Vitamins / Pharmacy**  
 Antacid  
 Band-Aids  
 Meal Replacements  
 Ointment  
 Pain Reliever  
 Protein Powder  
 Sinus / Allergy Medicine  
 Vitamins as Needed

**Beauty/Hygiene**  
 Antipersperant / Deodorant  
 Bath Soap / Hand Soap  
 Chapstick  
 Cotton Balls  
 Facial Cleanser  
 Facial Tissue  
 Feminine Products  
 Floss  
 Hair Gel / Hair Spray  
 Lotion  
 Makeup  
 Mouthwash  
 Razors / Shaving Cream  
 Shampoo / Conditioner  
 Sunscreen  
 Toilet Paper  
 Toothpaste

**School and Office Supplies**  
 Blank CDs / DVDs  
 Envelopes  
 Glue / Tape  
 Notepad / Notebook  
 Paper  
 Pens / Pencils  
 Scissors  
 Stamps

**Home / Car**  
 Automotive  
 Batteries  
 Charcoal / Propane  
 Greeting Cards  
 Gifts / Flowers  
 Light Bulbs

**OTHER**  
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