

# Salt & Life Blog 30 Day Paleo Challenge – Week One Grocery List

## **Produce:**

Fresh Spinach

2-3 Zucchini

1 bunch of kale

2 avocados

3-5 green apples

1 lemon

Carrots

Celery

Tomatoes

3 turnips

Onions

Bunch of Asparagus (or broccoli)

Berries

Bananas (the riper the better)

5-6 Sweet Potatoes

## **Meat:**

3 lbs ground beef, turkey or chicken

3 lbs chicken

Bacon

1 lb Italian sausage

## **Refrigerated/Frozen Foods:**

2 dozen Eggs

Frozen Peas

Frozen Green beans

2 bags of frozen cauliflower florets per pizza

4 cups shredded Mozzarella Cheese

Any pizza toppings (veggies, pepperoni)

4 oz goat cheese per pizza

## **Canned Goods:**

1 can of tuna per adult

Pizza sauce/tomato sauce

Parmesan Cheese

Almond Butter or Sunflower Seed Butter

1 can coconut milk (or other milk alternative)

2 cans chicken broth

1 4 cup box of chicken broth

2 cans diced tomatoes

## **Baking/Misc.:**

Almond Flour

Raisins/Craisins

Slivered Almonds

Balsamic Vinegar