

# PALEO LEAP CHEAT SHEET

# SHOPPING LIST

## Fall Meal Plan

ANYTHING MARKED WITH A \* IS OPTIONAL.

### MEAT & EGGS



#### BUTCHER COUNTER

3 lbs. beef chuck roast  
8 boneless chicken thighs  
1 boneless pork loin  
.5 lb. ground veal or pork  
3.5 lbs ground beef  
1 whole chicken

#### SEAFOOD

1.5-lb. fresh salmon filet, skin on

#### OTHER

1 pound bacon  
27 eggs  
6 more eggs (33 total) OR  
1 small package cooked chicken or turkey breast.  
2 sausages (your favorite kind)  
2 slices pancetta, chopped

### PRODUCE



#### FRUIT

2 large apples  
1 bosc pear  
2 lemons  
\*more apples to go with breakfast.

#### STARCHY/ROOT VEGETABLES

2 to 3 sweet potatoes  
3 lbs carrots  
4 medium sized red beets, with the greens  
1 butternut squash  
1 bag parsnips.  
0.5 lbs. rutabaga  
6-8 potatoes  
1 additional meal's worth of winter squash (pick your favorite type)  
\*more sweet potatoes to go with breakfast

#### OTHER VEGETABLES

1 5-lb bag of onions  
4 red onions  
2 big bunches kale  
1 head celery  
1 head cauliflower  
1 head cabbage  
3 cups mushrooms  
1lb Brussels sprouts  
1 head lettuce (any kind that you like making lettuce wraps with)  
2 bags salad greens (lettuce, spinach, spring mix – anything you like).  
1 bag spinach  
4 big tomatoes  
2 bell peppers  
\*1 bunch Swiss chard or collards.

#### FRESH HERBS

1 package fresh rosemary  
2 heads garlic  
1 bunch fresh parsley  
2 shallots  
3 green onions  
1 package fresh thyme

### OTHER



**NOTE:** Many of these items are basic pantry staples and some of them you probably have already. In that case, no need to buy a bunch more.

#### OIL & VINEGAR

Red wine (optional)  
Balsamic vinegar  
Olive oil  
Coconut oil.

#### CANNED FOODS

1 can mashed pumpkin  
1 can coconut milk  
1 can tomato paste  
1.5 quarts (1.4 liters) good quality canned tomatoes

#### SPICES & SEASONINGS

Dried oregano  
Bay leaves  
Vanilla  
Cinnamon  
Nutmeg

#### NUTS & DRIED FRUITS

1 medium bag walnuts  
\*1 small bag dried cranberries  
Almond meal

#### OTHER

1 bottle Dijon mustard  
\*Pure maple syrup  
\*Raw honey  
1 ½ cup beef stock;  
1 bottle lemon juice  
Kitchen string;  
\*1 small container heavy cream  
\*1 small package pomegranate seeds  
Chicken broth (or make your own)  
Pesto