

PALEO LEAP CHEAT SHEET

SHOPPING LIST

Fall Meal Plan

ANYTHING MARKED WITH A * IS OPTIONAL.

MEAT & EGGS

PRODUCE

OTHER

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

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

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