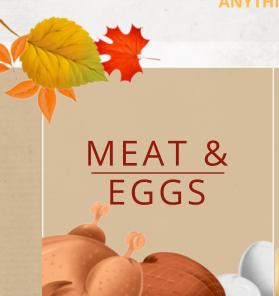
# PALEO LEAP CHEAT SHEET

# **SHOPPING LIST**

Fall Meal Plan

ANYTHING MARKED WITH A \* IS OPTIONAL.



## 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 kale1 head celery
- 1 head cauliflower
- 1 head cabbage3 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.

### 1 package fresh rosemary

FRESH HERBS

- 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

# 1 bottl

- 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

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