



New Direction
Natural Medicine

Paleo Shopping List

Tips:

- Remember to read the ingredient list on all packaged foods.
- Don't buy it if it contains gluten, grains, dairy, soy, legumes, sugar or other processed food chemicals.
- Produce items on the dirty dozen list for pesticides are indicated with an asterisk (*). Look for organic on these items.
- For fresh items, just buy what you need for the next few days.
- For long-lasting shelf stable and freezer items, stock up when they're on sale.

Fresh Produce:

Vegetables

- Arugula
- Avocados
- Basil
- Broccoli
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery*
- Cherry tomatoes*
- Cilantro
- Cucumbers*
- Eggplant
- Garlic
- Green onions
- Hot peppers*
- Kale*
- Mushrooms
- Onions
- Parsley
- Radishes
- Romaine lettuce
- Shallots
- Spaghetti squash
- Spinach*
- Sweet bell peppers*
- Sweet potatoes
- Tomatoes
- Zucchini

Fruits

- Apples*
- Bananas
- Blueberries*
- Lemons
- Limes
- Nectarines*
- Peaches*
- Raspberries
- Strawberries*

Grocery:

Nuts, Seeds & Fruit

- Almond butter
- Almonds
- Cashew butter
- Cashews, raw
- Dates
- Dried cranberries, apple juice sweetened
- Pecans
- Pepitas
- Pistachios
- Raisins
- Sunflower kernels, raw
- Shredded coconut, unsweetened
- Tahini
- Walnuts

Herbs, Spices & Seasonings

- Chipotle flakes
- Cinnamon
- Clove
- Cumin
- Garlic powder
- Ginger
- Nutmeg, whole
- Oregano
- Parsley
- Peppercorns
- Rosemary
- Sage
- Sea salt
- Cayenne pepper
- Smoked paprika, sweet and hot
- Thyme
- Vanilla extract
- Coconut aminos (soy-free sauce)
- Mustard

Oil & Vinegar

- Avocado oil
- Apple cider vinegar
- Balsamic vinegar
- Coconut oil
- Flavor infused olive oils
- Macadamia nut oil
- Olive oil
- Walnut oil

Baking

- Baking soda
- Cacao powder
- Coconut flour
- Coconut milk (additive-free)
- Ghee
- Honey, local raw
- Maple syrup
- Almond flour, blanched and finely ground

Convenience

- Larabars
- Egg white protein powder
- Olives
- Stock – beef, chicken, vegetable
- Tea
- Tomatoes – whole, diced, pureed
- Tuna, canned or packaged
- Wild-caught salmon, canned or packaged

Refrigerated

- Fresh seafood (wild-caught)
- Eggs (organic, free range)
- Bacon (additive-free)
- Beef (grass-fed)
- Chicken (organic, free range)
- Pork (pastured)
- Turkey (organic, free range)

Frozen

- Broccoli
- Cauliflower
- Berries*
- Mango
- Pineapple
- Cod
- Flounder
- Haddock
- Salmon
- Scallops
- Shrimp, raw