

BASICS TO HAVE AT HOME TO GO PALEO

Veggies, Herbs & Fruit

Organic and locally grown, when possible

- Lots of dark leafy greens: kale, spinach, mixed greens, arugula/rocket etc
- Cruciferous vegetables: cauliflower, broccoli, brussels sprouts, radishes, cabbage white or red,
- Other green vegetables: asparagus, zucchini, green onions,
- Mushrooms
- Onions, garlic,
- Herbs (fresh and/or dried) like basil, parsley, mint, rosemary, thyme, oregano etc
- Lemons or limes
- Avocados
- Berries & fruit of your choice

Healthy Fats

EVOO is great for salad dressing & roasting (up to medium high). Ghee, coconut oil and avocado oil are very stable and also work great for cooking with.

- Extra virgin olive oil - good quality
- Extra Virgin coconut oil
- Ghee and/or butter
- Avocado oil

Nuts & Seeds

As a snack, or a crunchy topping for your salad. Excellent source of healthy fats.

- Macadamia
- Walnuts
- Almonds
- Pecans
- Pine nuts
- Brazil nuts

Meat, Fish, Eggs

Grass fed/pasture raised/wild caught or organic when possible

- Organ meats: liver, heart etc
- Beef
- Pork & Bacon (nitrate free)
- Lamb
- Salmon, sardines & other fish
- Shrimp
- Chicken
- Eggs

Sweeteners

- Stevia
- Honey (in moderation)

Various

- Filtered and/or mineral water
- Good quality sea salt (Celtic salt or pink Himalayan salt, for example)

**PALEO
MENU**
LIVE YOUR BEST LIFE