

PALEO ON A BUDGET

Saving Money. Eating Healthy.

Stock Up Shopping List

Meat

- ☐ Ground Beef
- ☐ Ground Pork
- ☐ Chicken {Your favorite cut}
- ☐ Whole Chicken
- ☐ Sausages
- ☐ Steak {Your favorite cuts}

Frozen Foods

- ☐ {2} Bags Pepper Strips
- ☐ {2} Bags Broccoli
- ☐ {2} Bags of Mixed Veggies
- ☐ {3} Bags Green Beans

Herbs & Spices

- ☐ {2} Basil
- ☐ {1} Garlic Powder
- ☐ {1} Italian Seasoning
- ☐ {2} Rosemary
- ☐ {1} Cumin
- ☐ {2} Oregano
- ☐ {1} Chili Powder

Fresh

- ☐ Eggs {2 dozen}
- ☐ 2 lb. Bag Onions
- ☐ 2 lb. Bag Carrots
- ☐ Mushrooms
- ☐ Tomatoes
- ☐ Lemons
- ☐ Cucumbers
- ☐ Sweet Potatoes {Optional}
- ☐ Squash {Any Variety, Optional}
- ☐ Fresh Veggies On Sale:

Other

- ☐ Canned Diced Tomato
- ☐ Canned Crushed Tomato
- ☐ Ground Coffee
- ☐ Tea {Regular or Herbal}
- ☐ Extra Virgin Olive Oil
- ☐ Extra Light Olive Oil
- ☐ Coconut Oil
- ☐ Yellow Mustard
- ☐ Apple Cider Vinegar
- ☐ Raw Almonds / Nuts

* Read Ingredients to what you're buying

* Don't forget your Coupons!

* Make sure canned tomatoes are as close to "Tomato Only" As you can get