

PALEO ON A BUDGET

Saving Money. Eating Healthy.

Weekly Shopping List

Meat

- ☐ Ground Beef
- ☐ Ground Pork
- ☐ Steak {Your Favorite Cut}
- ☐ Chicken {Your favorite cut}

Frozen Foods

- ☐ Bag Pepper Strips
- ☐ Bag Broccoli
- ☐ Bag Green Beans

Herbs & Spices

Other

- ☐ Canned Diced Tomato
- ☐ Canned Crushed Tomato
- ☐ Ground Coffee {or Tea}

Fresh

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

Quick Note:

- * 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
- * Stock up on any Sale Items
- Double Check list before checking out