

# PALEO WEEKLY MEAL PLAN SHOPPING AND PANTRY LIST

## Shopping List

- 1 14-oz can artichoke hearts
- 24 oz tomato sauce
- 32 oz chicken broth
- 2 13.5-oz cans coconut milk
- 28 oz crushed tomatoes
- 2 14.5-oz cans diced tomatoes
- 16 oz hot or sweet peppers
- 10 oz olives
- 1 jar pizza or pasta sauce
- 1 jar tahini
- 4 dozen eggs
- 3 lb bacon
- 1 lb Italian sausage
- 2.5 lb boneless skinless chicken breasts
- 2.5 lb boneless skinless chicken thighs
- 3.5 lb ground beef
- 2 lb ground pork
- 1 lb ground turkey
- 1 lb pre-cooked ham
- 1 lb pork sausage
- 1 lb salami
- 4 lb chuck roast
- 1 package pepperoni
- 1.5 lb brussels sprouts
- 2 bell peppers
- 1 butternut squash
- 2 bags carrots
- 1 package celery
- 1 head garlic
- 1 package green onions
- 1 jalapeno
- 1 lemon
- 1 lime

- 1 large package mixed greens
- 8 oz mushrooms
- 1 bag onions
- 1 bag russet potatoes
- 1 bag red onions
- 3 bags romaine hearts
- 1 shallot
- 1 bag sweet potatoes
- 9 zucchini squash
- 5 avocados

## Pantry List

- almond flour
- apple cider vinegar
- bay leaf
- black pepper
- cayenne pepper
- chili powder
- coconut oil
- cumin
- garlic powder
- Italian seasoning
- kosher salt
- olive oil
- onion powder
- oregano
- paprika
- red wine vinegar
- sea salt
- sriracha

