

# PALEOBETIC DIET SHOPPING LIST

<http://paleodiabetic.com> ♦ © 2014 Steve Parker, M.D.

(not all-inclusive)

## ♦ NUTS & SEEDS ♦

<input type="checkbox"/> walnuts	<input type="checkbox"/> pecans	<input type="checkbox"/> macadamias	<input type="checkbox"/> cashews
<input type="checkbox"/> almonds	<input type="checkbox"/> other		

## ♦ PROTEINS ♦

<input type="checkbox"/> beef	<input type="checkbox"/> chicken	<input type="checkbox"/> turkey	<input type="checkbox"/> wild game
<input type="checkbox"/> offal	<input type="checkbox"/> seafood	<input type="checkbox"/> eggs	<input type="checkbox"/> bacon
<input type="checkbox"/> hamburger	<input type="checkbox"/> mutton	<input type="checkbox"/> other	

## ♦ LOW-CARB VEGETABLES ♦

<input type="checkbox"/> lettuce	<input type="checkbox"/> mushrooms	<input type="checkbox"/> radishes	<input type="checkbox"/> spinach
<input type="checkbox"/> cucumber	<input type="checkbox"/> tomato	<input type="checkbox"/> scallions	<input type="checkbox"/> parsley
<input type="checkbox"/> jicama	<input type="checkbox"/> arugula	<input type="checkbox"/> kale	<input type="checkbox"/> endive
<input type="checkbox"/> radicchio	<input type="checkbox"/> chard	<input type="checkbox"/> sweet peppers	<input type="checkbox"/> avocado
<input type="checkbox"/> olives	<input type="checkbox"/> pickles (dill or sour)	<input type="checkbox"/> bok choy	<input type="checkbox"/> escarole
<input type="checkbox"/> artichoke hearts	<input type="checkbox"/> broccoli	<input type="checkbox"/> summer squash	<input type="checkbox"/> zucchini
<input type="checkbox"/> spaghetti squash	<input type="checkbox"/> onion	<input type="checkbox"/> cauliflower	<input type="checkbox"/> eggplant
<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> asparagus	<input type="checkbox"/> bamboo shoots	<input type="checkbox"/> okra
<input type="checkbox"/> turnip greens	<input type="checkbox"/> turnips	<input type="checkbox"/> collard greens	<input type="checkbox"/> beet greens
<input type="checkbox"/> mustard greens	<input type="checkbox"/> daikon radish	<input type="checkbox"/> celeriac	<input type="checkbox"/> kohlrabi
<input type="checkbox"/> rhubarb	<input type="checkbox"/> sauerkraut	<input type="checkbox"/> other	

## ♦ FRUITS ♦

<input type="checkbox"/> apple	<input type="checkbox"/> banana	<input type="checkbox"/> peach	<input type="checkbox"/> strawberries
<input type="checkbox"/> blueberries	<input type="checkbox"/> raspberries	<input type="checkbox"/> blackberries	<input type="checkbox"/> cantaloupe
<input type="checkbox"/> honeydew melon	<input type="checkbox"/> dates, medjool	<input type="checkbox"/> orange	<input type="checkbox"/> pear
<input type="checkbox"/> pomegranate	<input type="checkbox"/> tangerine	<input type="checkbox"/> grapefruit	<input type="checkbox"/> watermelon
<input type="checkbox"/> grapes	<input type="checkbox"/> lemon/lime juice	<input type="checkbox"/> nectarine	<input type="checkbox"/> mango
<input type="checkbox"/> pineapple	<input type="checkbox"/> cherries	<input type="checkbox"/> plaintain	<input type="checkbox"/> raisins

## ♦ STARCHY VEGETABLES ♦

<input type="checkbox"/> potato	<input type="checkbox"/> carrots	<input type="checkbox"/> sweet potato	<input type="checkbox"/> beets
<input type="checkbox"/> cassava	<input type="checkbox"/> taro	<input type="checkbox"/> parsnip	<input type="checkbox"/> parsnip
<input type="checkbox"/> winter squash	<input type="checkbox"/> other		

## ♦ CONDIMENTS AND OILS ♦

<input type="checkbox"/> mustard	<input type="checkbox"/> cilantro	<input type="checkbox"/> parsley	<input type="checkbox"/> basil
<input type="checkbox"/> rosemary	<input type="checkbox"/> thyme	<input type="checkbox"/> salt	<input type="checkbox"/> pepper
<input type="checkbox"/> extra virgin olive oil	<input type="checkbox"/> flax oil	<input type="checkbox"/> avocado oil	<input type="checkbox"/> vinegar
<input type="checkbox"/> other spices	<input type="checkbox"/> other oils	<input type="checkbox"/> other condiments	