

The Paleo Mama's Meal Plan #3 Shopping List

Protein

2-3lb whole chicken
2 boneless/skinless chicken breasts
11 strips bacon
1lb of italian sausage (ground is easiest)
4 wild salmon fillets (fresh or frozen)
1.5lbs ground beef

Refrigerated/Frozen

3 (16-oz) bags of frozen spinach
3 lg eggs

Produce:

2 carrots
2 onion
1 red onion
2 sweet potatoes
2 parsnips
18 cloves garlic (*because I use lots of garlic, I buy a large container of minced garlic*)
3 zucchini
1/2lb Brussel Sprouts
1 small butternut squash
2 lemons
1 bunch of asparagus
bag of spinach

Grocery:

1 (15-oz) can pizza sauce
½ cup roasted red peppers

Spices/Condiments: thyme, salt, pepper, rosemary, spice brown mustard, paprika, garlic powder, cayenne

Oils/Vinegars: olive oil, balsamic vinegar, coconut oil,

Mason Jar Salad Supplies:

1 cucumber
cherry tomatoes
1 red onion
2-3 carrots
romaine lettuce
dried rosemary
4 TB white wine vinegar

4 TB olive oil