



# PALEO SCALEO'S



## Real Food Grocery List

- Organic + Seasonal Produce
- Organic Pasture-Raised Eggs
- Organic, Pasture-Raised, Grass-Fed Meat
- Wild-Caught, Sustainable Seafood
- Non-Dairy Milk: unsweetened, unflavored almond milk, coconut milk
- Organic, Grass-Fed Dairy: Organic Valley Grassmilk half & half
- Almond butter or sunflower seed butter (sugar free variety)
- Coconut Water
- Sparkling Water
- Organic Kombucha: GT's Synergy
- Gluten-Free Bread: Udi's
- Clean Salad Dressings: Homemade or Tessemae's, Primal Kitchen
- Clean Hot Sauce: Cholula, Frank's Red Hot Original
- Condiments: Primal Kitchen ketchup, mustard, homemade mayo, Tessemae's or Primal Kitchen marinades, fruit-sweetened jelly, sugar-free salsa
- Snacks: Fresh fruit and berries, grass-fed meat sticks

### CLEAN SHOPPING TIPS

- Refer to the Dirty Dozen and Clean Fifteen when buying organic produce.
- Read your ingredients. If you don't know what it is or can't pronounce it, it doesn't belong in your body!
- Stick to short ingredient lists and minimally processed foods.
- When buying protein, purchase smaller amounts of higher quality proteins. Protein sources matter.