

The Paleo Vegan Diet

SHOPPING LIST

PROTEIN

Hemp Seeds Macadamia Butter Flax Seeds
 Hemp Powder Pine Nuts Flax Meal
 Chia Seeds Pumpkins Seeds Pecans
 Almond Walnuts Brazil Nuts
 Almond Flour Walnut Butter Pistachios
 Cashews Sunflower Seeds Macadamia Nuts

VEGETABLES

Artichoke Cabbage Spinach
 Asparagus Cauliflower Onions
 Beets Celery Leeks
 Bell Peppers Collard Greens Tomatoes
 Bocoli Cucumber Kale
 Brussel Sprouts Eggplant Zucchini

FATS

Coconut Oil
 Coconut Butter
 Extra-Virgin Olive Oil
 Avocado
 Avocado Oil
 Coconut Flakes

FRUITS AND BERRIES

Apples Mango Lime
 Apricots Melon Peaches
 Bananas Nectarines Pears
 Berries Oranges Pineapple
 Cherries Kiwi Plums
 Dates Lemons Pomegranates

HERBS

Raspberries Basil
 Strawberries Mint
 Watermelon Rosemary
 Figs Oregano
 Grapefruit Garlic
 Grapes Mushrooms

ROOTS AND TUBERS

Sweet Potatoes Butternut Squash
 Summer Squash Acorn Squash
 Spaghetti Squash Potatoes
 Pumpkin Yams
 Parsnip Turnip
 Carrots Jicama

CONDIMENTS

Balsamic Vinegar
 Apple Cider Vinegar
 Yellow Mustard
 Dijon Mustard
 Capers
 Coconut Aminos

SWEETENERS

Coconut Sugar
 Coconut Nectar
 Maple Sugar
 Maple Syrup
 Stevia
 Inulin

PALEO VEGAN DIET ALLOWED ALCOHOL LIST

Kombucha Beer Wine
 Hard Apple Cider Cachaca
 Tequila Grape Vodka
 Potato Vodka