



nourish



LUNDS & BYERLYS

# PALEO GROCERY GUIDE

## PRODUCE

- Asparagus
- Avocados
- Broccoli
- Bell Peppers
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Green Beans
- Kale
- SALAD GREENS: Mixed Greens, Romaine, Arugula
- Mushrooms
- Eggplant
- Spaghetti Squash
- Sweet Potato
- Onion: (Red, White, Green), Shallot
- Garlic
- Tomato
- Apples
- DATES: (Medjool, Deglet Noor)
- BERRIES: Blackberries, Blueberries, Strawberries, Raspberries
- Grapes
- Mangoes
- Oranges
- Pears
- FRESH HERBS: Basil, Cilantro, Mint, Parsley

## DAIRY ALTERNATIVES & EGGS

- Eggs and Egg Whites (free-range, pastured or omega-3 rich)
- UNSWEETENED NUT-BASED MILKS: Almond, Cashew, Coconut Milk
- UNSWEETENED NUT-BASED YOGURTS: Almond, Coconut Milk

## MEAT & SEAFOOD

- Grass-Fed ground beef
- Grass-Fed Flank Steak or Skirt Steak
- PORK: Shoulder Roast, Loin Chop, Ribs
- Bison Steak
- Organic Chicken
- BACON: Paleo-Friendly, No-Sugar Added
- Prosciutto
- Lamb
- Smoked salmon
- Turkey
- FISH: Wild-Caught Salmon, Whole Fish, Cod, Swordfish, Tuna
- SHELLFISH: Crab, Mussels, Scallops, Shrimp, Oysters

## BAKING

- NUT-BASED FLOURS: Almond, Coconut
- Paleo Baking Flour
- Cassava Flour
- Arrowroot Starch
- Coconut Flakes
- Pure Vanilla Extract
- Paleo-Friendly Pancake and Waffle Mixes
- Paleo Baking Mixes
- SWEETENERS: Monk Fruit, Stevia, Pure Maple Syrup, Allulose, Swerve
- OILS: Avocado Oil, Coconut Oil, Ghee, Olive Oil

## FROZEN FOODS

- Paleo Toaster Waffles
- Frozen Berries

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## SHELF STABLE

- Grain-Free Granola
- Apple Cider Vinegar
- Bone Broth
- Canned Tomatoes
- Coconut Milk
- Almond Butter
- Pickles
- Olives
- Tuna and Salmon (canned)
- SAUCES & DRESSINGS: Coconut Aminos, Tahini, Hot Sauce, Salad Dressing
- CONDIMENTS: Barbeque Sauce, Ketchup, Mustard (Dijon, Yellow, etc.), Mayonnaise

## SEASONINGS & SPICES

- Nutritional Yeast
- Salt
- DRIED HERBS: Basil, Bay Leaves, Oregano, Rosemary, Thyme
- SPICES: Allspice, Black Pepper, Cayenne Pepper, Chili Powder, Ground Cinnamon, Ground Cumin, Curry, Garlic Powder, Paprika, Crushed Red Pepper, Turmeric
- SEASONINGS: Everything But The Bagel, Cajun Spice, Italian, Mediterranean, Reserve Aged Beef, Everyday Seasoning

## NOURISH ELEMENTS



### CHOOSE REAL FOOD

Discover whole, pure foods to support a healthy lifestyle.



### CREATE HARMONY

Take time to slow down, find balance and eat well.



### ADD A BOOST

Support a healthy body with a boost of extra nutrients.



### EXPAND YOUR PALATE

Explore a wide assortment of fresh and wholesome tastes.



### EAT THE RAINBOW

Give your body the nutrients it needs by eating a colorful variety of foods.

## SNACKS

- Guacamole
- Salsa
- Grain-Free Chips
- Unsweetened Beef or Salmon
- Jerky
- Almond Flour Crackers
- Plantain Chips
- Pork Rinds
- Protein Bars
- Fresh-Made Smoothies
- Dark Chocolate

## BULK FOODS

- NUTS: Almonds, Walnuts, Cashews, Pecans, Peanuts, Hazelnuts, Macadamia, Pine Nuts
- SEEDS: Chia, Hemp, Flax, Sesame, Sunflower, Pumpkin Seeds (Pepitas)
- UNSWEETENED DRIED FRUIT: Blueberries, Cranberries, Raisins, Cherries, Mango, Bananas, Goji Berries

## LABELS TO LOOK FOR

