

Paleo Diet Shopping List Essentials

Here are 31 essential items that need to go in your shopping cart when you hit the grocery store.

- ☐ Produce Section
- ☐ Meat Section
- ☐ Dairy Section
- ☐ Oils
- ☐ Nuts and Seeds
- ☐ Spices
- ☐ Cereal
- ☐ Snacks/Cookies/Soda