

Primal Blueprint Shopping List

Vegetables		
Artichoke	Cucumbers	Parsnips
Arugula	Eggplant	Peppers (all kinds)
Asparagus	Endive	Pumpkin
Avocados	Fennel	Purslane
Beets/Beet Greens	Fiddlehead Ferns	Radishes
Bell Peppers	Garlic	Romaine Lettuce
Bok Choy	Green Beans	Rutabaga
Broccoli	Jerusalem Artichokes	Sea Vegetables
Broccoli Rabe	Jicama	Spinach
Brussels Sprouts	Kale	Squash
Cabbage	Kohlrabi	Swiss Chard
Carrots	Leeks	Tomatoes
Cauliflower	Mushrooms	Turnip Greens
Celery	Mustard Greens	Watercress
Celery Root	Olives	
Collards	Onions	
Cassava	Sweet Potatoes	Yams
Potatoes	Wild Rice	Taro

Fish		
Anchovies	Mahi Mahi	Salmon
Bass	Monkfish	Sardines
Cod	Mullet	Tilapia
Eel	Northern Pike	Tuna
Haddock	Orange Roughy	Walleye
Halibut	Perch	Any Other Wild Fish
Herring	Red Snapper	
Mackerel	Rockfish	

Shellfish

Abalone	Lobster	Scallops
Clams	Mussels	Shrimp
Crab	Oysters	
Crayfish	Prawns	

Meat and Poultry

Beef	Goat	Pork
Chicken	Lamb	
Game Meat		
Alligator	Emu	Rabbit
Bear	Goose	Snakes
Buffalo	Pheasant	Turkey
Caribou	Kangaroo	Venison
Duck	Ostrich	
Elk	Quail	
Organ Meats		
Hearts	Liver	Sweetbreads
Kidney	Bone Marrow	Tongue

Eggs

Chicken	Goose	Roe/Caviar
Duck	Pheasant	Other Bird Eggs
Emu	Quail	

Nuts and Seeds

Almonds	Pecans	Sunflower Seeds
Brazil Nuts	Pine Nuts	Walnuts
Hazelnuts	Pistachios	Derivative Butters
Hempseeds	Pumpkin Seeds	Peanuts
Macadamias	Sesame Seeds	

Healthy Fats/Oils

Avocado Oil	Macadamia Oil	Unprocessed Palm Oil
Butter/Ghee	Olive Oil	Walnut Oil
Coconut Oil/Milk	Sesame Oil	Healthy Dressings
Lard	Tallow	Healthy Condiments

Fruit

[Preferred](#)

Blackberries	Boysenberries	Gooseberries
Blueberries	Cranberries	Raspberries

Other Fruits

Apple	Honeydew Melon	Pears
Apricot	Kiwi	Persimmon
Banana	Lemon	Plums
Cantalope	Lime	Pomegranate
Cherries	Lychee	Rhubarb
Coconut	Mango	Star Fruit
Figs	Nectarine	Strawberries
Goji Berries	Orange	Tangerine
Grapefruit	Papaya	Watermelon
Grapes	Passion Fruit	All other fruits
Guava	Peaches	

Spices and Herbs

Anise	Cumin	Peppermint
Basil	Dill	Rosemary
Black Pepper	Fennel	Sage
Cayenne Pepper	Ginger	Stevia
Chili Pepper	Mint	Tarragon
Cilantro	Mustard Seeds	Thyme
Coriander Seeds	Nutmeg	Turmeric

Cinnamon	Oregano	
Cloves	Paprika	

In Moderation

100% Full Fat Cream

[Cheese](#)

[Coffee](#)

[Yogurt](#)

[Honey \(if desired\)](#)

Supplements

We don't live in the Paleolithic world anymore. Downside: we've got more (stress, pollution, chemicals, etc.) to contend with. Upside: we can take advantage of modern technologies. This is what I recommend, sell and take myself every day.

[Daily High-Potency Antioxidant Multi-Vitamin Supplement](#)

[Omega-3 Fatty Acid Fish Oil Supplement](#)

[Collagen Protein Powder](#) or [Whey Protein Powder](#)

[Probiotics](#)

[Vitamin D](#)

Occasional Indulgences

[Alcohol](#)

[Dark Chocolate](#)

Other

Tamari

[Tea \(green, black, white, oolong\)](#)

[Vinegar](#)