

PRIMAL BLUEPRINT SHOPPING LIST



VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Avocados
- Beets/Beet Greens
- Bell Peppers
- Bok Choy
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Celery Root
- Collards
- Cucumbers
- Eggplant
- Endive
- Fennel
- Fiddlehead Ferns
- Garlic
- Green Beans
- Jerusalem Artichoke
- Jicama
- Kale
- Kohlrabi
- Leeks
- Mushrooms
- Mustard Greens
- Olives
- Onions
- Parsnip
- Peppers (all kinds)
- Pumpkin
- Purslane
- Radish
- Romaine Lettuce
- Rutabaga
- Sea Vegetables
- Spinach
- Squash
- Swiss Chard
- Tomatoes

- Turnip Greens
- Watercress

IN MODERATION

- Cassava
- Potatoes
- Sweet Potatoes
- Wild Rice
- Yams
- Taro

FISH

- Anchovies
 - Bass
 - Cod
 - Eel
 - Haddock
 - Halibut
 - Herring
 - Mackerel
 - Mahi Mahi
 - Monkfish
 - Mullet
 - Northern Pike
 - Orange Roughy
 - Perch
 - Red Snapper
 - Rockfish
 - Salmon
 - Sardines
 - Tilapia
 - Tuna
 - Walleye
- Any other wild fish

SHELLFISH

- Abalone
- Clams
- Crab
- Crayfish
- Lobster
- Mussels
- Oysters
- Prawns
- Scallops
- Shrimp

MEAT AND POULTRY

- Beef
- Chicken
- Goat
- Lamb
- Pork

GAME MEAT

- Alligator
- Bear
- Buffalo
- Caribou
- Duck
- Elk
- Emu
- Goose
- Pheasant
- Kangaroo
- Ostrich
- Quail
- Rabbit
- Snakes
- Turkey
- Venison

ORGAN MEAT

- Hearts
 - Kidney
 - Liver
 - Bone Marrow
 - Sweetbreads
 - Tongue
- Etc. - It's all game, boys and girls!

EGGS

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

NUTS AND SEEDS

- Almonds
- Brazil Nuts
- Hazelnuts
- Macadamia
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts
- Derivative Butters

HEALTHY FATS/OILS

- Avocado Oil
- Butter/Ghee
- Coconut Oil/Milk
- Lard
- Macadamia Oil
- Olive Oil
- Sesame Oil
- Tallow
- Unprocessed Palm Oil
- Walnut Oil

FRUIT

PREFERRED

- Blackberries
- Blueberries
- Boysenberries
- Cranberries
- Gooseberries
- Raspberries

OTHER FRUITS

- Apple
- Apricot
- Banana
- Cantaloupe
- Cherries
- Coconuts
- Figs
- Goji Berries
- Grapefruit
- Grapes

- Guava
- Honeydew Melon
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarine
- Orange
- Papaya
- Passion Fruit
- Peaches
- Pears
- Persimmon
- Pineapple
- Plums
- Pomegranate
- Rhubarb
- Star Fruit
- Strawberries
- Tangerine
- Watermelon
- All other fruits

SPICES AND HERBS

- Anise
- Basil
- Black Pepper
- Cayenne Pepper
- Chili Pepper
- Cilantro
- Coriander Seeds
- Cinnamon
- Cloves
- Cumin
- Dill
- Fennel
- Ginger
- Mint
- Mustard Seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint

- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric

OTHER

- Daily High-Potency Antioxidant Multi-Vitamin Supplement
- Omega-3 Fatty Acid Fish Oil Supplement
- Tamari
- Tea (green, black, white, oolong)
- Vinegar
- Whey Protein Powder

IN MODERATION

- 100% Full Fat Cream
- Cheese
- Coffee
- Yogurt

OCCASIONAL INDULGENCES

- Alcohol
- Dark Chocolate

Note: Some food choices listed above might be endangered or unsustainable. Please use discretion when making selections.