### PROTEINS
- 2-3 dozen eggs
- 2-3 pounds skinless chicken breast
- 1 lb wild-caught salmon
- 1 rotisserie chicken
- 3 lb pork loin
- 6 oz sliced ham
- 2-3 lb deli turkey
- 1 lb beef tip steak
- 1 package nitrate free sausages
- 10 oz shrimp
- 1 lb ground lamb
- 1 lb halibut or other white fish

### PRODUCE
- berries
- bag of onions
- several bell peppers
- red leaf lettuce
- several tomatoes
- avocado
- bag of apples
- 1 lb green beans
- a few oranges
- zucchini
- cauliflower
- a few bags of mixed greens
- 1 spaghetti squash
- 1-2 lbs broccoli
- bag of carrot sticks
- quart of strawberries
- 1 small head cabbage
- several lemons
- 1 head garlic
- 1 bunch asparagus
- 1 bag frozen berry mix
- 1 bag broccoli slaw
- 1 sweet potato

### NUTS & SEEDS
- almonds
- pecans
- walnuts
- macadamia nuts

### SPICES & HERBS
- cumin
- oregano
- rosemary
- sea salt
- pepper
- thyme
- basil
- cinnamon
- mustard seeds
- turmeric

### PANTRY ITEMS
- olive oil
- coconut oil
- jerky
- salsa
- balsamic vinegar
- 1 can tomato sauce
- 1 jar marinara sauce
- 1 can tuna
- toasted sesame oil
- tamari (wheat-free soy sauce)
- dijon mustard

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ROBB WOLF’S THE PALEO SOLUTION

Shopping List

WEEK 2

PROTEINS
6 oz sliced deli ham
3 lbs chicken breasts
2 dozen eggs
1 rotisserie chicken
1 lb ground meat
1 lb tip steak
1 lb ground pork
1.5 lbs tilapia filets
10 oz smoked deli turkey
2 lbs chicken thighs
2 moroccan lamb sausages
1 package bacon

PRODUCE
lettuce
1-2 heads broccoli
1 head cauliflower
bag of carrots
a few tomatoes
a few plums
several bell peppers
1-2 avocados
a few bags mixed greens
a few oranges
celery
2-3 yellow squash
1 bag broccoli slaw
a few lemons
1 head garlic
1 lb beets
a few apples
2 red onions
2 medium cucumbers
1/2 cup green beans
1 small piece fresh ginger
1 bunch chives or green onions
1 red bell pepper
2 small zucchini
1 peach
1 bag spinach

NUTS & SEEDS
walnuts
almonds
cashews
pine nuts
macadamia nuts

SPICES & HERBS
cinnamon
thyme
mustard seeds
cumin
turmeric
curry powder	
tarragon
garlic powder
onion powder
bunch fresh cilantro
coriander
salt & pepper
dill
mustard powder
paprika

PANTRY ITEMS
unsweetened applesauce
olive oil
balsamic vinegar
olives
almond butter
jerky
coconut milk
chili oil
chicken broth
1 can El Pato tomato sauce
curry sauce
cashew or macadamia nut butter
vanilla extract
coconut oil
1 can of artichoke hearts
1 12 oz package kelp noodles

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# Shopping List

## Proteins
- 1 package lamb sausages
- 1 package chicken apple sausages
- 1 package bacon
- 1-2 dozen eggs
- 1 lb flank steak
- 1 bag pre cooked shrimp
- 1 turkey breast
- 4 lb ground beef, turkey or chicken
- 6 oz chicken breast
- 3-5 lbs meat, ground or whole
- 1/2 lb ground turkey
- 1/2 lb spicy sausage
- 1/2 lb shrimp

## Produce
- A few bags of mixed greens or spinach
- A few bell peppers
- A few tomatoes
- A few avocados
- 2 oranges
- 2 carrots
- 1 lemon
- 3 apples
- 1/2 cup berries
- Celery
- A few onions
- 1 head garlic
- 2 lbs green beans
- 1 head cabbage
- 2 bag frozen mixed veggies
- 1 quart strawberries
- 1 bunch swiss chard
- 1 head cauliflower

## Nuts & Seeds
- Pecans
- Walnuts
- Blanched almonds
- Cashews

## Spices & Herbs
- Oregano
- Basil
- Tarragon
- Allspice
- Ground cloves
- Salt & pepper
- Rosemary
- Cumin
- Cinnamon
- Chili powder
- Mustard powder
- Sesame seeds
- Bunch fresh parsley
- Coriander
- Cajun seasoning
- Bay leaf
- Cayenne pepper

## Pantry Items
- Apple cider vinegar
- Olive oil
- 1 can of sardines
- 1 6 oz can tomato paste
- 3 14 oz can tomato sauce
- Beef broth
- Chicken broth
- 1 can salmon
- Cocoa powder
- Roasted hazelnut oil
- Unsweetened applesauce
- Balsamic vinegar
- Coconut milk
- Coconut oil

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### PROTEINS
1-2 dozen eggs
1 lb deli turkey
1/2 lb sausages
1 lb salmon
1 lb chicken breast
1 lb steak
a few large slices of ham
1 lb pork loin
1 lb ground meat
1 lb sea scallops
1 large Italian sausage

### PRODUCE CONTINUED
- Salad fixings (tomatoes, peppers, etc)
- 3 portobello mushrooms
- A few onions
- 1 head of garlic
- 1 head of lettuce
- 1 medium zucchini
- 1 medium summer squash
- 1 red onion
- 1-2 yams/sweet potatoes
- A few lemons
- 8 cups - mix of kale, chard, radicchio
- 1 bunch asparagus
- 1 delicata squash
- 1 package mushrooms
- 1 small acorn squash
- 2 sweet chocolate peppers or pasilla peppers
- 1/2 cup grape tomatoes
- 1 red bell pepper
- 1/4 cup cauliflower
- 1 serrano pepper

### PRODUCE
- 1 cup berries
- 1 small head cabbage
- 1 head broccoli
- 2 avocados
- 2-3 bags spinach/mixed greens
- Celery
- 2 bags frozen mixed veggies
- 1 bag carrots
- A few apples
- Jicama

### NUTS & SEEDS
- Almonds
- Walnuts
- Pine nuts
- Almonds

### SPICES & HERBS
- Salt
- Pepper
- Thyme
- Curry powder
- Cumin
- Garlic powder
- Oregano
- Fennel seed
- 1 bunch fresh cilantro
- 1 bunch fresh parsley

### PANTRY ITEMS
- Olive oil
- Almond butter
- 2 cans tuna
- Salsa
- Coconut milk
- Chicken or beef broth
- 1 can salmon
- Dijon mustard
- Balsamic vinegar
- Tamari (wheat-free soy sauce)
- 1 can water chestnuts
- Cashew butter
- 1 jar marinara sauce

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