

## Shopping List\*

\*This list was obtained from the book Paleo Diet by Loren Cordain (Wiley and Sons, New York 2002 pages 104-112).

### PROTEIN

#### Lean Meats

Lean beef (trimmed of visible fat)  
Flank steak  
Top sirloin steak  
Extra-lean hamburger (7% fat or less, extra fat drained off)  
London broil  
Chuck steak  
Lean veal  
Any other lean cut  
Lean pork (trimmed of visible fat)  
Pork loin  
Pork chops  
Any other lean cut

#### Lean poultry (white meat, skin removed)

Chicken breast  
Turkey breast  
Game hen breasts

#### Eggs (limit to six a week)

Chicken (go for the enriched omega 3 variety)  
Duck  
Goose

#### Other meats

Rabbit meat (any cut)  
Goat meat (any cut)

#### Organ meats

Beef, lamb, pork, and chicken livers  
Beef, pork, and lamb tongues

Beef, lamb, and pork marrow  
Beef, lamb, and pork "sweetbreads"

#### Game meat

Alligator  
Bear  
Bison (buffalo)  
Caribou  
Elk  
Emu  
Goose  
Kangaroo  
Muscovy duck  
New Zealand cervena deer  
Ostrich  
Pheasant  
Quail  
Rattlesnake  
Reindeer  
Squab  
Turtle  
Venison  
Wild boar  
Wild turkey

#### Fish

Bass  
Bluefish  
Cod  
Drum  
Eel  
Flatfish  
Grouper  
Haddock  
Halibut  
Herring  
Mackerel  
Monkfish  
Mullet  
Northern pike  
Orange roughy  
Perch

Red snapper  
Rockfish  
Salmon  
Scrod  
Shark  
Striped bass  
Sunfish  
Tilapia  
Trout  
Tuna  
Turbot  
Walleye  
Any other commercially available fish

#### Shellfish

Abalone  
Clams  
Crab  
Crayfish  
Lobster  
Mussels  
Oysters  
Scallops  
Shrimp

CrossFit  
MAXIMUMS

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### CARBOHYDRATE

#### Fruit

Apple  
Apricot  
Avocado  
Banana  
Blackberries  
Blueberries  
Boysenberries  
Cantaloupe  
Carambola  
Cassava melon  
Cherimoya  
Cherries  
Cranberries  
Figs  
Gooseberries  
Grapefruit  
Grapes  
Guava  
Honeydew melon  
Kiwi  
Lemon  
Lime  
Lychee  
Mango  
Nectarine  
Orange  
Papaya  
Passion fruit  
Peaches  
Pears  
Persimmon  
Pineapple  
Plums  
Pomegranate  
Raspberries  
Rhubarb  
Star fruit  
Strawberries  
Tangerine  
Watermelon  
All other fruits

#### Vegetables

Artichoke  
Asparagus  
Beet greens  
Beets  
Bell peppers  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collards  
Cucumber  
Dandelion  
Eggplant  
Endive  
Green onions  
Kale  
Kohlrabi  
Lettuce  
Mushrooms  
Mustard greens  
Onions  
Parsley  
Parsnip  
Peppers (all kinds)  
Pumpkin  
Purslane  
Radish  
Rutabaga  
Seaweed  
Spinach  
Squash (all kinds)  
Swiss chard  
Tomatillos  
Tomato (actually a fruit,  
but most people think of it as  
a vegetable)  
Turnip greens  
Turnips  
Watercress

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### **FAT**

#### **Nuts and Seeds**

Almonds  
Brazil nuts  
Cashews  
Chestnuts  
Hazelnuts (filberts)  
Macadamia nuts  
Pecans  
Pine nuts  
Pistachios (unsalted)  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

#### **Oils**

Olive, avocado, walnut, flaxseed, and canola oils (use in moderation—4 tablespoons or less a day when weight loss is of primary importance)

**CrossFit**  
**MAXIMUS**