

GROCERY LIST
PrimalHealthyFit.com 7-Day Meal Plan

✓ BUY WEEKLY	✓ Buy Week 1, then as needed
<u>Lean Meats</u>	
1 lb. grass-fed ground bison	Omega-3 enriched eggs
1 lb. grass-fed ground beef**	Green bell peppers
2 free-range chicken breasts	Red bell peppers
1 turkey tenderloin** (preseasoned)	Pineapple (if you can find this pre-cut, but still fresh, awesome)
8-10oz salmon filet (wild)	Apples
8-10oz tilapia filet (wild)	Head of iceberg lettuce
½ lb. shelled deveined shrimp**	Olive Oil
½ lb. Boar's Head all-natural Honey Maple deli Ham	Rao's Homemade Marinara Sauce
½ lb. all-natural deli turkey	1 Red onion
	1 White onion
<u>Produce</u>	Cashew butter
Pre-washed baby spinach	Unsalted walnuts
Pre-washed arugala	Unsalted cashews
2 zucchini	Hemp protein powder
2 yellow squash	
Spaghetti squash	Optional (GREAT FOR SNACKS)
Butternut squash	Jicama
1 head of broccoli	Dates
3 cucumbers	Tomatoes
2 lemons	
Organic strawberries	<u>Other items:</u>
Organic blueberries	
Organic raspberries	
Bananas (small bunch)	
Honeydew melon	
1 avocado	

**place these items in the freezer immediately after purchase