

## Pantry-Stocking List:

*This is a list of items you'll want to have on-hand for your month of meals. Consider this a "make sure I have this item in" in your pantry or fridge list rather than a "buy this weekly" list.*

**Feel free to also use the more extensive, complete guide to: stocking a paleo pantry on p 30 of "Practical Paleo" for more dry/pantry items.**

### Herbs and spices

Bay leaf  
Chili powder\*  
Chipotle powder\*  
Cilantro (*fresh but best to keep on-hand weekly*)  
Cinnamon  
Clove  
Coriander  
Cumin  
Curry  
Dill  
Fennel  
Garlic (*fresh but best to keep on-hand weekly*)  
Garlic Powder  
Ginger  
Nutmeg  
Onion powder  
Oregano  
Paprika \*  
Parsley  
Pepper, black  
Peppercorns  
Pumpkin pie spice  
Rosemary  
Sage  
Sea Salt  
Thyme  
Vanilla

### Fat & Oils

Bacon fat  
Ghee  
Coconut oil  
Macadamia oil: CP  
Extra-virgin olive oil  
Palm oil

### MODIFICATIONS FOR SOME MEAL PLANS:

\* omit for Autoimmune Conditions  
\*\* omit for Digestive Healthy  
\*\*\* omit for Fat Loss Plan

### Canned & Jarred

Anchovy Paste  
Olives (Kalamata)  
Pumpkin  
Tahini \*, \*\*

### Nuts, seeds and dried fruit

Almonds \*, \*\*, \*\*\*  
Almond butter \*, \*\*, \*\*\*  
Chestnuts \*, \*\*  
Coconut butter  
Shredded coconut flakes  
Coconut flour \*\*\*  
Dates \*\*\*  
Dried currants \*\*\*  
Macadamia nuts \*, \*\*  
Pine nuts \*, \*\*  
Raisins \*\*\*  
Sesame seeds \*, \*\*  
Walnuts \*, \*\*

### Sauces

Coconut aminos (soy-replacement)  
Mustard (gluten-free)  
Apple Cider Vinegar  
Balsamic Vinegar

### Sweeteners

Honey \*\*\*  
Maple syrup \*\*\*  
Molasses \*\*\*

**PRACTICAL  
PALEO**

**30-DAY  
MEAL  
PLANS**

# Shopping List

NOTES: