

Mediterranean **PALEO COOKING**

Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle



shopping list

week 1

HERBS & SPICES

- 3 bunches of fresh cilantro
- 1 package of saffron
- 3 bunches of fresh parsley
- 6 bunches of fresh mint leaves
- 1 package of fresh thyme

FRESH VEGETABLES

- 2 heads of garlic
- 1 package of whole white mushrooms (8 oz)
- 1-2 packages of sliced mushrooms (about 16 oz)
- 6 medium white onions
- 3 medium red onions
- 2 large heads cauliflower
- 10 medium sweet potatoes
- 1 large handful or one small bag of green beans (4 oz)
- 2 heads romaine lettuce
- 9 medium zucchini
- 2 large bags or bunches of arugula (about 20 oz)
- 8-10 large carrots
- 3 medium turnips
- 2 tablespoons capers, rinsed and drained
- 1 bunch of shallots
- 1 bunch of scallions
- 1 bunch of celery
- 1 bulb of fresh ginger

FROZEN ITEMS

- 1 bag of frozen artichoke hearts

FRUIT

- 2 medium apricots
- 2 large navel oranges
- 10 lemons
- 1 cup pomegranate seeds
- 3 medium bananas

MEAT, SEAFOOD & EGGS

- 1 pound ground meat of choice
- 1 pound ground lamb or beef
- 1 (2-pound) rack of lamb
- 1 pound ground beef
- 1 ½ pounds ground beef heart
- 3 pounds beef bones (for bone broth)
- 1 pound boneless chicken breast or thighs, cubed
- 2 whole (5-pound) chickens
- 3 pounds chicken bones (for bone broth)
- ½ pound raw tuna fillet
- 2 (4-oz) cans sardines packed in olive oil or water
- 1 pound wild shrimp, peeled and deveined
- 4 oz calf's liver

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week 2

HERBS & SPICES

- 5 bunches of fresh parsley
- 7 bunches of fresh cilantro
- 1 package of saffron
- 2 packages of fresh mint
- 1 bunch of basil
- 1 large package of fresh thyme
- 1 small package of fresh dill

FRESH VEGETABLES

- 3 heads of garlic
- 3 large heads of cauliflower
- 1 medium butternut squash
- 3 medium zucchini
- 4 medium sweet potatoes
- 2 very ripe plantains
- 1 bunch of scallions
- 4 large bags or bunches of arugula
- 1 medium red onion
- 6 medium white onion
- 3 shallots
- 1 pound green beans
- 5 medium red beets
- 14 medium carrots
- 2 servings of cut raw vegetables
- 3 medium cucumbers
- 2 bunches of celery

FRUIT

- 11 lemons
- 3 limes
- 2 cups of pomegranate seeds
- 2 oranges

FROZEN ITEMS

- 1 bag of frozen blueberries (about 2 cups)

MEAT, SEAFOOD & EGGS

- 1 pound ground meat of choice
- 1 pound beef tongue (1 tongue)
- 3 pounds beef bones (for broth)
- 1 pound beef or lamb heart (cut into 1-inch cubes)
- 1 ½ pounds ground lamb
- 2 ½ pounds lamb stew meat (preferably on the bone)
- 1 pound chicken livers
- 1 whole (5-pound) chicken
- 3 pounds chicken bones (for broth)
- 1 pound cooked crabmeat
- 4 (5-oz) wild salmon fillets (skin on)
- 2 pounds mussels, cleaned
- 3 pounds fish bones or heads (for broth)

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shopping list

week 3

HERBS & SPICES

- 5 bunches of fresh cilantro
- 1 bunch of fresh chives
- 3 bunches of fresh parsley
- 2 medium fennel bulbs
- 1 small package of fresh thyme

FRESH VEGETABLES

- 2 heads of garlic
- 5 medium white onions
- 1 red onion
- 12 medium turnips
- 11 medium carrots
- 4 medium zucchini
- 1 head butter lettuce
- 1 small jicama
- 2 medium sweet potatoes
- 1 package of sliced mushrooms (about 8 oz)
- 1 head of cabbage
- 1 medium head cauliflower
- 2 bunches of celery

FROZEN ITEMS

- 1 package of frozen blueberries

FRUIT

- 1 mandarin orange
- 1 ½ cup pomegranate seeds
- 2 oranges
- 6 lemons
- 2 medium apricots

MEAT, SEAFOOD & EGGS

- 5 pounds lamb or beef stew meat (preferably on the bone)
- 1 (whole, head-on) white fish, such as haddock, cod, or snapper (about 4 to 5 pounds)
- 1 (5-pound) bone-in leg of lamb
- 1 pound beef stew meat
- 2 pounds ground beef
- 1 whole (5-pound) duck
- 12 oz cooked crabmeat
- 12 oz smoked salmon (thinly sliced)
- 1 pound ground lamb or beef
- 1 pound boneless chicken thighs
- 3 pounds beef bones (for broth)

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week 4

HERBS & SPICES

- 2 bunches of fresh basil
- 9 bunches of fresh cilantro
- 4 large bunches of fresh mint
- 7 bunches fresh parsley
- 2 packages of saffron
- 1 package of fresh thyme

FRESH VEGETABLES

- 2-3 large bags or bunches of arugula (about 16 cups)
- 3-4 packages of whole white mushrooms (about 24 oz)
- 9 medium red beets
- 20 medium carrots
- 2 bunches of shallots
- 5 large heads cauliflower
- 11 medium white onions
- 1 bunch of celery
- 3 heads of garlic
- 3 red onions
- 1 medium head of cabbage
- 1 large cucumber
- 2 large heads of romaine lettuce
- 2 bunches of celery
- 1 medium butternut squash
- 3 medium zucchini, sliced
- 4 medium sweet potatoes
- Burger toppings of your choice

FROZEN ITEMS

- 1 small package of frozen peas

FRUIT

- 13 oranges
- 11 lemons
- 2 limes
- 1 cup pomegranate seeds
- 2 medium apricots (pitted)

MEAT, SEAFOOD & EGGS

- 1 pound ground meat of choice
- 4 (6-oz) top sirloin steaks
- 1 pound ground beef
- 3 pounds oxtail pieces
- 4 oz calf's liver
- 3 pounds beef bones (for broth)
- 1 pound ground lamb or beef
- 1 pound lamb or beef stew meat
- 1 (2-pound) rack of lamb
- 2 whole (5-pound) chicken
- 2 pounds (boneless, skinless) chicken thighs
- 3 pounds chicken bones (for broth)
- 8 oz mussels
- 2 pounds of wild shrimp
- 6 oz calamari rings
- 4 (5-oz) wild salmon fillets
- Burger toppings of your choice