Paleo-content

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**Subject:** Your Healthy Shopping List is Ready!

Hey,

A little birdie told me you are all up for paleo diet and healthier lifestyles.

That’s great! As I promised, I will be there to help you get the diet right and to gradually make it a part of your life. So, now that you are ready, let’s get started with the shopping.

Now before you find yourself standing lost and confused in the grocery store, let me throw you a lifeline. That’ right! I am going to help you shop for your very first Paleo diet regimen.

Before we begin, let me tell you that Paleo diet is not about omitting certain types of food from your diet. It is more about utilizing them in the most raw and nutritional form. So, don’t be surprised if you see a lot of meat in your shopping cart.

In fact, let’s start with the meat shall we!

**Meat**

* Go for skinless poultry and grass fed beef.
* Organ meat is also an essential part of paleo diet.
* Game meat is also what your ancestors loved to eat on a daily basis

**Vegetables & Fruits**

* Almost any vegetable and fruit is permissible in Paleo.
* Weight watchers need to avoid starchy vegs such as potatoes
* Legumes such as lentils, beans and peanuts weren’t really a part of Paleo diet

**Fish**

* Wild caught fish is what you should get instead of the farmed one
* Canned fish are a serious ‘no no’
* Go for shellfish such as crabs, clams, shrimps and lobster
* Lowest in mercury and high in omega 3, salmon is your new best friend

**Snacks**

* Throw away all the nachos and get yourself bags full of nuts and seeds
* Avoid salted and roasted nuts like a plague
* Flaxseed, pumpkin seeds, and sunflower seeds are most recommended

**Beverages**

* Say goodbye to your favorite packed beverage and say hello to tea and coffee
* Drink almond milk and coconut milk if you want something sweet
* Coconut water is a tasty alternative of sodas

Now you know what should and shouldn’t be in your cart. Shop wisely and try to buy all the items from a market where you can get fresh and organic produce.

Next time, I might share a few starter recipes to show you how tasty paleo can actually be. Till then, learn more about paleo food and where to buy it.

Thanks