



PALEO RESET

7 DAY REAL FOOD CHALLENGE



PRODUCE

- 1 lb. spinach
- 1 head cauliflower
- 1 bunch broccoli
- 1 spaghetti squash
- 2 avocados
- 2-3 zucchini
- 3-4 bell peppers
- 2 onions
- 1 bunch carrots (1 lb.)
- 1 Romaine lettuce
- 8-12 oz. package almonds/cashews
- 1 bunch bananas (4-5)
- 1 stalk celery
- 2 apples
- 1 bunch asparagus
- 1 bunch kale
- 1 tomato
- 1 package mushrooms
- 3 sweet potatoes

MEAT / EGGS



- 1 dozen eggs
- 1 package (or 12 oz.) bacon
- 2 cans of fish (sardines, tuna, salmon, mackerel)
- 1 lb. ground beef
- 1 lb. ground turkey
- 1 package Applegate chicken & apple sausage
- 1 lb. wild salmon
- 2 steaks (4-6 oz. each)

OTHER



- 2 Larabars of choice
- Almond butter
- Coconut oil
- Kerrygold butter



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