



## What's in a Paleo Pantry?

### Oils & Fats

Organic Coconut Oil – refined  
Organic Coconut Oil –  
unrefined  
Organic Macadamia Oil  
Extra Virgin Olive oil

### Nuts

Macadamias  
Almonds  
Cashews  
Pecans  
Walnuts

### Seeds

Sesame Seeds  
Sunflower Seeds  
Chia Seeds  
Pepitas  
Flax seeds (Linseeds)

### Herb & spices

Chilli  
Cinnamon  
Coriander  
Cumin  
Paprika  
Sumac  
Turmeric  
Ginger Powder  
Garlic Powder  
Onion Powder  
Peppercorns  
Himalayan/Rock salt

### Fridge

Almond milk/Coconut Milk/  
Cashew Milk  
Organic (& sugar free if you  
can) Bacon  
Organic Eggs  
Grass-fed Organic Butter  
(optional-LCHF)  
Fish Sauce

### Vegetables

Beetroot  
Broccoli  
Broccolini  
Brussels  
Cabbage  
Capsicum (Pepper)  
Cucumber  
Celery  
Chinese Vegetables  
Daikon (white radish)  
Eggplant (Aubergine)  
Garlic  
Ginger  
Kale  
Leafy greens  
Lettuce  
Mushrooms  
Onions  
Pumpkin  
Radish  
Tomatoes  
Spinach  
Silver beet  
Sweet potatoes  
Watercress  
Zucchini



### Fruit

Apples  
Bananas  
Blackberries\*  
Blueberries\*  
Cherries  
Coconuts – Young\*  
Pears  
Kiwi Fruit  
Lemons  
Limes  
Oranges  
Passionfruit  
Peaches  
Plums  
Strawberries\*  
Raspberries\*

### Meat and Fish

Grass-fed Beef  
Organic Chicken  
Liver or other Offal  
Line caught, Organic Fish  
Prawns  
Pork

### Baking

Organic Almond flour/meal  
Avocado Oil  
Organic Cacao powder  
Organic Coco Butter  
Organic Coconut Flour  
Coconut Sugar  
Dates  
Organic Honey  
Pecans  
Organic Vanilla Beans/Paste  
Maple Syrup  
Organic Shredded Coconut  
Organic Desiccated Coconut  
Walnuts

### Other

Raw Apple Cider Vinegar  
Lemongrass  
Tahini  
Organic tinned tomatoes  
Organic Passata