

# Paleo Einkaufsliste

30 Tage #paleochallenge



## Fleisch, Fisch & Eier

- “ ♦ Eier
- “ ♦ *Hackfleisch*
- “ ♦ Rind
- “ ♦ *Schwein*
- “ ♦ Fisch: \_\_\_\_\_
- “ ♦ Meeresfrüchte: \_\_\_\_\_
- “ ♦ Huhn
- “ ♦ Wild
- “ ♦ Speck
- “ ♦ \_\_\_\_\_
- “ ♦ \_\_\_\_\_

## Gemüse und Wurzeln

- “ ♦ Salat
- “ ♦ Tomaten
- “ ♦ Gurken
- “ ♦ Paprika
- “ ♦ Kürbis
- “ ♦ Blumenkohl
- “ ♦ Brokkoli
- “ ♦ Zwiebeln
- “ ♦ Zucchini
- “ ♦ Sellerie
- “ ♦ Rucola
- “ ♦ Karotten
- “ ♦ Rote Bete
- “ ♦ Pilze
- “ ♦ Knoblauch
- “ ♦ Ingwer
- “ ♦ Süßkartoffeln
- “ ♦ Spinat
- “ ♦ Auberginen
- “ ♦ Fenchel
- “ ♦ Kohl
- “ ♦ \_\_\_\_\_
- “ ♦ \_\_\_\_\_

Mehr Infos auf [www.philipp-troschl.at](http://www.philipp-troschl.at)

## Obst

- “ ♦ Beeren
- “ ♦ Avocado
- “ ♦ Apfel
- “ ♦ Banane
- “ ♦ Pfirsich / Nektarinen
- “ ♦ Pflaumen
- “ ♦ Orange / Mandarinen
- “ ♦ Zitronen / Limetten
- “ ♦ Grapefruit
- “ ♦ Trauben
- “ ♦ Kiwi
- “ ♦ \_\_\_\_\_
- “ ♦ \_\_\_\_\_

## Lebensmittel in Dosen

- “ ♦ Thunfisch
- “ ♦ Passierte Tomaten
- “ ♦ Stückige Tomaten
- “ ♦ Kokosmilch
- “ ♦ \_\_\_\_\_
- “ ♦ \_\_\_\_\_

## Verpackte Nahrungsmittel

- “ ♦ Gemahlene Mandeln
- “ ♦ Nüsse
- “ ♦ Trockenfrüchte
- “ ♦ Tee
- “ ♦ Olivenöl
- “ ♦ Senf
- “ ♦ Essig
- “ ♦ Backpulver
- “ ♦ \_\_\_\_\_

## Salz und Gewürze

- “ ♦ Salz
- “ ♦ Pfeffer
- “ ♦ Zimt
- “ ♦ Curry
- “ ♦ Paprika
- “ ♦ Vanille (in Mühle)