



PAOLA HENDERSON  
Health Coach

## PRODUCE

- Berries
- Bananas
- Apples
- Oranges
- Kale or another leafy green
- Baby Spinach
- Pre-washed Salad
- Cucumbers
- Bell Peppers
- Broccoli
- Seasonal Fruit and Veggies
- Sweet Potatoes
- Avocado
- Lemon
- Lime
- Fresh Herbs - basil, cilantro, parsley....
- Onion
- Garlic

## DAIRY

### Omit if Paleo and Vegan

- Non-Dairy Milk - Almond, Rice, Cashew, Oat
- Greek Yoghurt Unsweetened
- Feta Cheese (goat or sheep is better)
- Parmesan Cheese
- Free Range Eggs
- Unsalted Butter

## PROTEINS

- Skinless, Boneless Chicken Breast
- Lean Ground Turkey or Chicken
- Filet, Sirloin, Flank or Extra Lean Ground Beef
- Shrimp
- Salmon Filet
- White Fish eg. Cod

### For Vegetarians and Vegans

- Firm Tofu
- Tempeh

## PANTRY STAPLES

- Extra Virgin Olive Oil
- Coconut Oil
- Pink Himalayan Salt or Sea Salt
- Seasoning Blends - Sugar Free!
- Canned Tuna - in water
- Balsamic Vinegar
- Salt Reduced Chicken or Vegetable Stock
- Tomato Sauce, no salt or sugar added
- Salt Reduced Soy Sauce
- Chia Seeds
- Honey
- Maple Syrup
- Coconut Flakes

## GRAINS & LEGUMES

### Omit if Paleo

- Lentils
- Oats
- Quinoa
- Gluten Free or Whole Grain Pasta
- Gluten Free or Whole Grain Bread
- Gluten Free or Whole Grain Wraps
- Chickpeas - dry or canned
- Beans
- Rice

## SNACKS

- Natural nut-butter with out added oil and sugar  
For example: Peanut Almond, and Cashew
- Dry Roasted Nuts with out added salt and oil  
For example: Almonds, Cashews, Pistachios, Hazelnuts, Brazil Nuts
- Rice or Corn Cakes
- Medjool Dates

## FROZEN

- Berries without added sugar
- Frozen Pineapple
- Frozen Vegetables

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