

PALEO PRINCIPLES

COSTCO Guide

Introduction

The Paleo diet is a nutrient-dense, anti-inflammatory whole-foods diet based on eating a variety of quality vegetables, meats, seafood, fruits, eggs, nuts, seeds, healthy fats, herbs, and spices. It is clinically proven to improve health by providing complete and balanced nutrition while avoiding most processed and refined foods and empty calories. Far from being a historical re-enactment, the Paleo framework is derived from thousands of scientific studies that illuminate our understanding of which foods support health and which foods undermine it. Combined with attention to essential lifestyle factors like physical activity, sleep, and stress, the Paleo template is quite simply the most robust approach out there for optimal health, performance, and longevity!

With the perfect balance of detailed explanations, accessible summaries of actionable information, and visual guides, *Paleo Principles* provides everything you need to achieve your best health. Beyond a set of rules, this book teaches you precisely why some foods are better choices than others while providing indispensable resources like food lists, shopping guides, and cooking how-to's.

You needn't worry that following a Paleo-style diet will leave you feeling hungry or deprived. Healthy re-creations of family-friendly favorites, from pizza to pancakes, prove that you can regain your health and love every bite! *Paleo Principles* contains more than 220 nutritious Paleo recipes that are free of gluten, grain, dairy, legumes, and refined

sugar—including kitchen basics, breakfasts, soups and salads, main dishes, side dishes, baked goods, and desserts—all labeled for the top eight allergen ingredients as well as other common food sensitivities, like FODMAPs and nightshades, and the Autoimmune Protocol.

Adapt the Paleo template to serve your specific needs and health goals by using Paleo Principles' guides on customizing macronutrient ratios, navigating gray-area foods, troubleshooting chronic illness and food sensitivities, transitioning to a Paleo-style diet, understanding your body's individual response to different foods, and balancing Paleo priorities with competing interests for lifelong success. Combine these resources with twenty meal plans reflecting the most common health objectives, and you'll have the know-how to personalize your plan to fit your life.

Join the millions of people taking back their health by following a Paleo lifestyle. Whether your goal is to lose weight, increase performance, reduce cardiovascular disease risk factors, prevent cancer, mitigate autoimmune disease, reverse diabetes, or simply achieve your best health, *Paleo Principles* gives you answers and a veritable toolkit to make lasting positive change toward better health.

This short guide for Paleo Principles includes shopping tips to find pre-prepared ingredients and pre-packaged foods that are Paleo-Approved at Costco to save on time and fit your budget.

Budget-Friendly Tips

Following the Paleo template on a budget requires the same tools as doing anything else on a budget—knowing your prices, comparison shopping, taking advantage of sales and coupons, and buying in bulk. Costco is an excellent place to shop for the best bulk prices!

Almost everything goes on sale. Even online retailers have sales and coupons. Subscribing to a company's newsletter is typically the best way to find discounts. Buying what's on sale is also a great way to buy in-season produce, since spikes in supply are one of the major reasons for drops in price. Having freezer space is useful when it comes to taking advantage of sales, but even if your freezer space is limited, you can benefit.

Buying in bulk is a great way to save money. The price per pound often decreases as you buy more. Many local farmers will give you a deal when you buy a quarter, half, or whole cow or pig. If you don't have the freezer space for half a cow, find some friends or family members to share a quarter cow with. Shopping at Costco helps you save money because you get bulk pricing on everything in the store!

It's also helpful to know which meats tend to be cheaper per pound and which produce will stretch a meal further. The guide on the next page gives you some examples!

Food that you have to put more time into also tends to be cheaper. For example, a whole chicken is typically cheaper per pound than a chicken cut into

parts. Vegetables that require peeling and chopping tend to be cheaper than those that can be thrown straight into a pot, which are cheaper than pre-prepared or pre-washed vegetables in plastic containers or bags.

Canned and frozen foods are often cheaper than fresh. Canned fish and shellfish are fantastic inexpensive options for increasing your seafood intake. Canned seafood is typically cheaper than frozen, which is typically cheaper than fresh. Frozen vegetables can have more nutrients than fresh vegetables from the grocery store because the ones in the produce aisle tend to be picked before they are ripe and lose nutrients during shipping and storage before they make it into your cart.

When your budget is tight, the single best place to spend a few extra pennies is on fats. Costco sells coconut oil, olive oil and avocado oil, which are all great options. Baking ingredients tend to be the most expensive Paleo foods, but Costco can help there too with better prices on almond flour, coconut flour, Himalayan pink salt, and a variety of spices.

Even if the only food you can afford or source is the conventionally produced meat, seafood, and produce on sale, that's okay. Being aware of the differences will help you can make the best choices within your means. Many people find that as they progress on their health journey, they are able to dedicate more funds to quality foods thanks to surprising savings in other areas.

Save Time with Pre-Prepared Ingredients

Buying some ingredients pre-prepared is a great way to save time and energy in the kitchen. Costco carries a huge variety of pre-prepared ingredients to choose from:

- Look for Pacific broth in the soup aisle for any recipe that calls for broth.
- Coconut oil, olive oil, and avocado oil can be used for cooking in most recipes. Find them in the pantry section.
- Pre-chopped vegetables such as broccoli and butternut squash can save a lot of time. Look for them in the frozen or refrigerated sections.

MONEY-SAVING STRATEGIES

SAVINGS STRATEGIES:

- Know the average prices for foods and shop around, including online.
- Clip coupons.
- Shop sales.
- Buy in bulk.
- Haggle or barter.
- Grow your own.



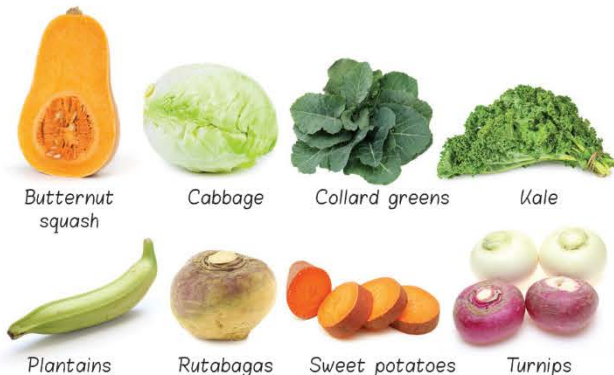
"LONGCUTS" TO SAVE MONEY (NOT SHORTCUTS, BUT WORTH THE EFFORT):

- Buy bigger cuts of meat, which are typically cheaper per pound, and butcher them yourself or roast whole and freeze leftovers.
- Buy tough cuts of meat that take longer to cook.
- Buy veggies in bulk rather than washed and chopped in packages.
- Buy meat, seafood, veggies, and fruits when heavily discounted and freeze them yourself.

SURPRISING WAYS HEALTHY FOOD AND LIFESTYLE CHOICES WILL SAVE YOU MONEY:

- You'll no longer eat at fast food joints or restaurants or grab prepared foods.
- You'll cut out completely or cut down on expensive beverages like soda, fancy coffee drinks, beer, wine, and spirits.
- Walking or cycling more will save you money on gas.
- You may reduce the need for medications, supplements, and doctor visits.

CHEAP VEGGIES THAT STRETCH A MEAL:



THE CHEAPEST OPTIONS:



BEEF:
chuck roast
ground beef
sirloin
tri-tip
liver
heart
kidney
bones



PORK:
Boston butt
picnic
shoulder
ground pork
belly
loin

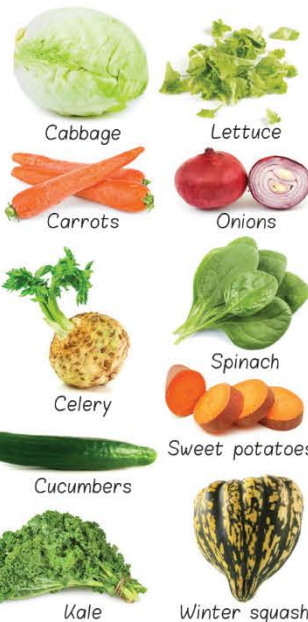


CHICKEN:
whole chicken
chicken thighs
ground chicken
liver
heart



SEAFOOD:
canned seafood
frozen seafood
cod
farmed salmon
tilapia

VEGETABLES:

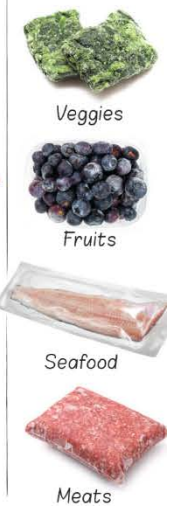


FRUITS:



Frozen is usually much cheaper than fresh!

FROZEN FOODS



FOODS THAT GIVE YOU A GOOD BANG FOR YOUR BUCK (AND YOUR HEALTH):












Easy Ingredient Swaps


Prices do vary by region or time of year, and of course individual household budgets also vary. If you need to swap a more expensive ingredient for a less expensive one, here are some easy ingredient swaps:

- **Almond flour:** You can typically use any nut flour or seed flour instead, except coconut flour.
- **Arrowroot powder, kuzu starch, and tapioca flour:** These thickeners are usually interchangeable. Sweet potato starch is another good substitute.
- **Cassava flour:** This is difficult to substitute because it is a very unique flour.
- **Coconut aminos:** The only substitute is tamari soy sauce, which may not be tolerated due to the soy.
- **Fats:** If a non-baking recipe calls for coconut oil, butter, ghee, lard, tallow, avocado oil, or palm shortening, you can usually substitute any of the others in that list. Palm shortening and refined versions of fats/oils have the most neutral flavors, so if you're concerned about altering the flavor of the dish, those are the best bet. For baking, a general rule of thumb is that if the fat is solid at room temperature, you can swap it out for any other fat that is solid at room temperature. If the oil called for is liquid at room temperature, you can swap for any other oil that is liquid at room temperature. Coconut oil lies in between. If a recipe calls for coconut oil, try a 50/50 mix of a solid and liquid fat. If a recipe calls for a different type of fat and you'd prefer to use coconut oil, just go for it, but know that you may end up with a different texture in your finished product.
- **Granulated sweeteners:** Sugars like muscovado, evaporated cane juice, and maple sugar can often substitute each other.
- **Homemade broth or stock:** You can use store-bought broth. Check the ingredients! You can get high-quality broth from US Wellness Meats, Epic, Kettle & Fire, and Pacific.
- **Homemade coconut milk:** You can use store-bought instead, but check the ingredients! I recommend Natural Value, Aroy-D and Savoy brands which are guar-gum-free.
- **Liquid sweeteners:** Liquid sweeteners like honey, grade B maple syrup, molasses, and blackstrap molasses can often substitute each other.
- **Truffle salt:** Use sea salt instead.
- **Vinegars:** All vinegars except balsamic can be freely substituted for each other. For balsamic vinegar, the best substitute is red wine vinegar.
- **Coconut flour:** This is difficult to substitute because it is a very unique flour.
- **Anchovies:** use sardines
- **Zucchini:** use yellow squash
- **Whole chicken:** use turkey, duck, or rabbit
- **Arugula:** use spinach, spring mix, or baby greens
- **Cherries:** use raspberries, cherries, or plums
- **Kale:** use swiss chard, collard greens, turnip greens, or mustard greens
- **Dried figs:** use dried dates or dried peaches
- **Romaine:** use iceberg lettuce, red leaf lettuce, or green leaf lettuce
- **Lemon juice:** use apple cider vinegar, lime juice or orange juice
- **Shallots:** use red onions (halve the amount)
- **Raisins:** use sun-dried blueberries, cranberries, currants, or chopped dates
- **Worcestershire sauce:** use fish sauce, molasses, or coconut aminos
- **Sweet potatoes:** use carrots, parsnips, rutabaga, or celery root

SWAPPING OUT STANDARD AMERICAN DIET INGREDIENTS

Trying to figure out how to replace a component of a favorite meal or snack? Here are some simple swaps for old favorites:

- NOODLES**
-  **Spaghetti** → spaghetti squash, zucchini noodles ("zoodles"), sweet potato noodles (dangmyeon), kelp noodles, wakame noodles, broccoli slaw, Cappello's grain-free noodles
-  **Lasagna noodles** → thinly sliced zucchini, yellow squash, butternut squash, eggplant, plantain, or sweet potato; Cappello's grain-free lasagna sheets
-  **Linguine** → spiral-sliced, shredded, or julienned peeled carrots, celery root, parsnips, sweet potatoes, turnips, kohlrabi, sweet potato, yellow squash, or zucchini; Cappello's grain-free noodles
-  **BREAD** → homemade bread made with Paleo ingredients, sliced apple, sliced cucumber, sliced and baked sweet potato; sliced zucchini; blanched collard, kale, and Swiss chard leaves; iceberg and Bibb lettuce leaves; coconut wraps; nori wraps
-  **BREADCRUMBS FOR BREADING OR TOPPING** → almond meal, crushed plantain chips or sweet potato chips, crushed plantain crackers, shredded coconut
-  **FLOUR FOR BAKING** → cassava flour (can substitute 1:1 for wheat-based flour in most recipes) or a mix of almond flour, coconut flour, arrowroot powder, tapioca powder, chestnut flour, plantain flour, sweet potato flour, and/or tiger nut flour
-  **CORNSTARCH** → arrowroot powder, kuzu starch, water chestnut powder, sweet potato starch
-  **BAKING POWDER** → baking soda mixed with cream of tartar (see page 473)
-  **POTATOES** → cauliflower, green plantains, sweet potatoes, root vegetables

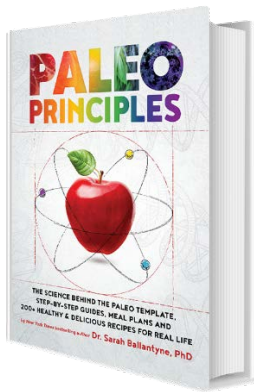
-  **RICE** → cauliflower or broccoli pulsed in a food processor or blender; finely shredded or chopped butternut squash, carrots, parsnips, plantains, or sweet potatoes
-  **CHEESE FLAVOR** → nutritional yeast
-  **YOGURT OR SOUR CREAM** → plain coconut milk yogurt or kefir
-  **MILK** → almond milk, cashew milk, coconut milk, pecan milk, sunflower seed milk, walnut milk
-  **BUTTER** → ghee, lard, tallow, palm shortening
-  **CHIPS AND CRACKERS** → cassava chips, plantain chips, seaweed chips, sweet potato chips cooked in coconut oil, homemade Paleo crackers or chips, pork rinds
-  **PROTEIN BARS** → jerky (store-bought or homemade), Rx bars, Epic bars, Exo bars
-  **GRANOLA BARS** → homemade Paleo granola bars, Larabars
-  **TRAIL MIX** → homemade mix of dried fruit, nuts, seeds, and coconut flakes
-  **SODA** → sparkling water flavored with citrus slices or chopped fruit, kombucha, water kefir

Paleo Principles Approved Groceries

The availability of specific items will vary by location. All items listed are Kirkland Signature brand unless otherwise noted. As items' ingredients can be subject to change, read the labels to be sure it's safe. See my Reading Labels and Foods to Avoid guides (available as free downloads in the Membership area of my site) for more information. Sometimes eating on a budget means saving money elsewhere so you can increase your food budget. Buying household goods like toilet paper, paper towels, detergent, tissues, and baby wipes in bulk from Costco is an excellent way to save money! Look for eco-friendly brands like Seventh Generation

Books

- Paleo Principles
- The Paleo Approach
- The Paleo Approach Cookbook
- The Healing Kitchen



Pantry Items

- 100% Pure Maple Syrup
- Apple cider vinegar (Acetum)
- Avocado oil (Chosen Foods)
- Baking soda (Arm & Hammer)
- Balsamic vinegar
- Blanched Almond Flour (Honeyville)
- Chia seeds (Nutiva)
- Coconut flour (Nutiva)
- Coconut oil (Nutiva)
- Extra virgin olive oil
- Fresh medjool dates (Royal)
- Gourmet baking cocoa (Rodelle)
- Honey (Clover)
- Minced garlic
- Olive Oil (California Olive Ranch)
- Organic coconut flour (Manitou)

- Organic coconut oil
- Organic cane sugar
- Organic lemon juice (Italian Volcano)
- Organic strawberry spread
- Organic toasted coconut chips (Creative Snacks Co)
- Pitted dates (Hadley)
- Pure vanilla extract
- Raw honey (NorCal)
- Spices
- Toasted coconut chips (Made in Nature)
- Unrefined coconut oil (Carrington Farms)
- White truffle oil (Urbani)



Refrigerated Items

- Boneless ham steak
- Butter (Kerrygold)
- Cranberry sauce (Bistro 28)
- Extra lean ham
- Fresh peeled garlic (Chef Cuisine)
- Kalamata olives (Krinos)
- Mediterranean olives (Bel Frantoio)
- Organic beets (Love Beets)
- Organic Guacamole (Wholly Guacamole)
- Organic Hard Boiled Eggs (Wilcox)
- Prosciutto (Parma)
- Red grapefruit slices

- Rotisserie seasoned chicken breast (Colombia)
- Scallops wrapped in applewood smoked bacon (J. Scott)
- Sliced bacon
- Sliced turkey breast
- Smoked sockeye salmon



Nonperishable Items

- All natural fruit clusters (Brothers)
- Almond Butter (MaraNatha)
- Applesauce (GoGo Squeez)
- Apple chips (Bare Fruit)
- Atlantic salmon
- Bacon crumbles
- Black ripe pitted olives (Lindsay Naturals)
- Pitted green olive snack pouches (Frutto d'Italia)
- California organic raisins (Sunmaid)
- Canned pumpkin (Libby's)
- Chicken broth (Pacific)
- Chunk light skipjack tuna in water
- Diced peaches in grape juice
- Dried figs (Made in Nature)
- Dried lobster mushrooms (Manitou)
- Dried mangoes (Philippine)
- Dried morel mushrooms (Manitou)
- Dried plums
- Fresh organic mushrooms (Festival)
- Gaia Organic Blend (Peet's Coffee)
- Granny Smith apple chips (Bare)
- Hearts of palm (Del Destino)
- House Blend Coffee
- Macadamia Nuts (Mauna Loa)
- Mandarin oranges (Dole)

- Marinara sauce
- Mexico Organic Coffee (Coffee Bean and Tea Leaf)
- Natural fruit strips (Stretch Island Co)
- Organic chicken stock
- Organic diced tomatoes
- Organic dried apricots (Made in Nature)
- Organic fruit rope (Clif Kid)
- Organic Rainforest Blend (San Francisco Bay)
- Organic roasted seaweed snacks
- Organic tomato paste
- Organic tomato sauce
- Pecan halves
- Pineapple chunks (Dole)
- Pumpkin Seeds (Go Raw)



- Real sliced fruit
- Sardines in olive oil (Season Brand)
- Sea salt pickles (Vlasic)
- Shelled Pistachios (Wonderful)
- Sliced almonds (Mariani)
- Sliced peaches
- Stewed Tomatoes (S&W)
- Sumatra blend (Seattle Mountain Coffee)
- Sun dried tomatoes (Bella Sun Luci)
- Sunflower Seeds (Go Raw)
- Tomato Paste (S&W)
- Tomato Sauce (S&W)
- Walnuts
- Whole almonds
- Wild Alaskan pink salmon
- Wild Alaskan sockeye salmon
- Wild albacore tuna (Wild Planet)
- Whole artichoke hearts
- Whole Peeled Tomatoes (S&W)

Beverages

- Bottled water
- Coconut water (Harmless Harvest, Zico, VitaCoco)
- Mineral water (Crystal Geyser, Perrier, San Pellegrino)
- Natural 100% juice (Hansen's)
- Organic apple juice (Apple and Eve)
- Organic green juice (Suja)
- Organic iced green tea (Tazo)
- Organic juice drink (Honest Kids)
- Organic Pure Maple Water (Maple)
- Sparkling mineral water (Perrier and San Pellegrino)
- Tart Cherry Juice (Cherry Bay Orchards)



Frozen Foods

- Alaskan halibut
- Atlantic salmon
- Ahi tuna steaks (Soho Seafood NYC)
- Chicken breasts
- Frozen broccoli (Pure Nature)
- Frozen fruit (Nature's Touch)
- Grass-Fed Beef (American Organic)
- Ground beef
- Ground beef patties
- Filet Mignon (American Organic)
- Normandy-style vegetable blend
- Pacific cod
- Ribeye Steaks (American Organic)
- Shrimp
- Wild Alaskan Pro Cod
- Wild hake loins
- Wild mahi mahi
- Wild sockeye salmon



Budget-Friendly Superstars

- Broccoli
- Butternut squash
- Cabbage
- Carrots
- Canned seafood
- Ground beef
- Hake
- Leg of lamb
- Pink salmon
- Pork
- Spinach
- Sweet potatoes
- Whole chickens

Time-Saving Superstars

- Canned fruits and vegetables
- Chicken broth (Pacific)
- Cranberry sauce (Bistro 28)
- Frozen vegetables that are already chopped
- Minced garlic
- Organic beets (Love Beets)
- Pre-sliced fruit or vegetables
- Pre-washed leafy greens
- Rotisserie seasoned chicken breast (Colombia)
- Scallops wrapped in applewood smoked Bacon (J. Scott)
- Sliced turkey breast
- Smoked sockeye salmon





Fresh Meat and Seafood

- Beef
- Bison
- Catfish
- Clams
- Cod
- Chicken
- Lamb
- Lobster
- Pork
- Salmon
- Scallops
- Shrimp
- Tilapia
- Tuna
- Turkey
- All other meat and seafood (except breaded, seasoned, or other pre-prepared items containing foods to avoid)



Fresh Produce

- Apples
- Artichoke
- Avocado
- Banana
- Beets
- Bell Peppers
- Blackberries
- Blueberries

- Broccoli
- Brussels sprouts
- Cabbage
- Cantaloupe
- Carrots
- Cassava (yuca, tapioca)
- Cauliflower
- Celery
- Cherries
- Chives
- Clementine
- Coconut
- Collard greens



- Cranberries
- Cucumber
- Eggplant
- Garlic
- Grapes
- Grapefruit
- Green beans
- Honeydew melon
- Kale
- Kiwi
- Leeks
- Lemons
- Lettuce
- Limes
- Mango
- Mustard greens
- Nectarines
- Nori
- Okra
- Olives



- Onions
- Oranges
- Peaches
- Pears
- Peas
- Pineapple
- Plantain
- Plum
- Pomegranate
- Pre-sliced fruits and vegetables
- Pre-washed leafy greens
- Radishes
- Raspberries



- Scallions
- Shallots
- Spinach
- Squash
- Strawberries
- Sweet potatoes
- Tomatoes
- Turnips
- Watermelon
- Yams
- Zucchini
- All other produce (except legumes and corn)