

SAVING DINNER

with



Paleo Snacks

Welcome to Paleo Snacks!

List, Lists and More Lists!

This menu contains two different shopping lists. The first one is your Perishables List. These are the items that you want to get closer to the time when you are ready to make your snacks. The next list is a Pantry List... these are non-perishable items you can keep on hand to make most of these snacks at any time.

Paleo Snacks – Perishables List

PRODUCE

Garlic (for homemade pesto and baba ganoush)
Sweet potatoes (for fries)
Eggplant (for homemade baba ganoush)
Basil or parsley (for homemade pesto)
Celery
Cherry tomatoes
Cucumber
Carrots
Bell peppers
Broccoli
Cauliflower
Veggies (to dip)
Avocado (for homemade guacamole)
Lemons (for homemade baba ganoush)
Apples
Grapefruit
Cantaloupe
Kiwi
Grapes
Pineapple
Strawberries
Blueberries
Blackberries

PROTEIN

Chicken (cooked leftovers)
Eggs

DELI

Prosciutto



Paleo Snacks – Pantry List

DRY GOODS

Dark chocolate
Dark chocolate-covered hazelnuts
Dried fruit chips (banana, papaya, mango, pineapple)
Dried blueberries
Dried cherries
Dried cranberries
Hazelnuts
Walnuts
Almonds, whole
Almonds, slivered
Pecans
Cashews
Pine nuts (for homemade pesto)
Pumpkin seeds
Sunflower seeds
Kale chips
Turkey sticks (such as from Wellington Farms)

CONDIMENTS

Olive oil (for homemade pesto and baba ganoush)
Balsamic vinegar
Tahini (for homemade baba ganoush)
Almond butter

SPICES

Sea salt (for homemade baba ganoush)
Black peppercorns (for homemade baba ganoush)
Ground cinnamon
Sesame seeds (for homemade baba ganoush)



25 Paleo Snacks!

1. Dark chocolate
2. Dark chocolate-covered hazelnuts
3. Hard-boiled eggs
4. Dried fruit chips (banana, papaya, mango, pineapple)
5. Dried blueberries
6. Cantaloupe wrapped in prosciutto
7. Strawberries drizzled with balsamic vinegar
8. Sliced apples and blueberries, sprinkled with ground cinnamon
9. Grapefruit
10. Cooked chicken (leftovers!) tossed with homemade pesto
11. Kiwi
12. Hazelnuts
13. Nutty trail mix (walnuts, almonds, pecans, cashews, hazelnuts)
14. Fall trail mix: (Pumpkin seeds, slivered almonds, sunflower seeds, dried cherries, dried cranberries)
15. Veggie platter (cherry tomatoes, cucumber, carrots, bell peppers, broccoli, cauliflower)
16. Celery sticks with almond butter
17. Kale chips
18. Sweet potato fries
19. Baba ganoush with raw veggies
20. Mixed berries (blueberries, blackberries, strawberries)
21. Guacamole and veggies
22. Cashews
23. Pineapple
24. Grapes
25. Turkey sticks (I got the Wellington Farms brand at Whole Foods.)