

Online and Local Shopping Resources

Finding high quality and affordable food can be difficult when first getting started on Paleo. You may not be used to shopping for grass-fed meat or organic produce, and you don't know where to start.

Use this Cheatsheet to help you navigate your local resources and find the best quality food within your personal budget.

Find Real Food: This is an app version of the [Weston A. Price Foundation Shopping Guide](#) that can help you locate high quality, nutrient dense foods in your area.

EatWild.com: The directory on this site is the most comprehensive source for grass-fed meat and dairy products in the United States and Canada.

LocalHarvest.org: Use this website to find farmers' markets, family farms, and other sources of sustainably grown food in your area, where you can buy produce, grass-fed meats, and many other goodies.

EatWellGuide.org: This guide's thousands of listings include family farms, restaurants, farmers' markets, grocery stores, Community Supported Agriculture (CSA) programs, U-pick orchards and more. Users can search by location, keyword, category or product to find good food, download customized guides, or plan a trip with the innovative mapping tool, Eat Well Everywhere.

Thrive Market: Thrive Market is an online, membership-based market making the highest quality, healthy and sustainable products available for every budget, lifestyle, and geography. To help make healthy living accessible for everyone, they match every paid Thrive Market membership with a free one for a low-income family, student, teacher, veteran, or first responder.

US Wellness Meats: If you'd rather buy your pastured animal products online, US Wellness is one of the best companies for nutrient-dense animal products.

Vital Choice: This company sells the highest quality, delicious seafood, and ships directly to your door. It's a great option for people who are unable to find wild, sustainable seafood near where they live.

RealMilk.com: If you choose to drink raw milk, this website can help you locate farmers in your area selling raw and grass-fed dairy products.



SeaChoice.org: This organization has created easy-to-use tools that help you make the best seafood choices, both in terms of health and sustainability.

TX Bar Organics: This is another Paleo-approved grass-fed meat company that can deliver products right to your door.

Healthy Traditions: This website is a great resource for lots of Paleo staples like virgin coconut oil, snack foods, organic pantry products, and even household goods and kitchen appliances.

Native Forest: This company sells guar gum, carrageenan, and BPA-free canned coconut milk, along with many other canned or jarred organic fruits and vegetables.

Robb Wolf's Paleo Guides: Robb Wolf has created a fantastic guide to eating Paleo without breaking the bank. This is a great resource for large families, college students, or anyone on a limited budget who wants to reap the benefits of eating Paleo.

Amazon.com: You can order almost any type of food, beverage, condiment, or pantry staple on Amazon.com. It's a great resource if you live in an area that has very few healthy grocery shopping locations or local farms.