

Paleo Resources: Shopping like a Cave man



Getting started with eating the Paleo way is much easier knowing where to get the appropriate food. Raising your own cattle or start fishing or gathering berries are great approaches, but in all likelihood, you will not always be able to do so. This little guide is intended to help you get started:

Grass fed meat:

Source: **Neighbourgood Meat Market**

Contact: Salvin 082 307 9985 salvin@iafrica.com

[Salvin can be found on the Market at the Old Biscuit Mill on Saturday mornings. For bigger orders, he may be able to deliver.]

Source: **Frankie Fenner Meat**

www.ffmm.co.za

Address: 8 Kloof Street, Cape Town

Contact: Daniella 079 953 9558 daniella@ffmm.co.za

Fruit and Nuts:

Source: **By Nature** www.bynature.co.za

Contact: Peter Owen 083 658 3998 info@bynature.co.za

[By Nature can be found on the City Bowl market on Saturday mornings. For bigger orders, they will be able to deliver.]

Various:

Source: **Simply Wholesome**

Contact: ? 021 683 5216 / 076 487 4267 / 082 786 5123

What: Free range eggs, Fruit and Vegetables, Chicken

[Simply Wholesome can be found on the City Bowl market on Saturday mornings. For bigger orders, they may be able to deliver.]

Source: **The Real Thing**

What: Organic supplements

Contact: Andrea 021-434 2246 info@therealthingonline.co.za

Markets:

City Bowl Market

14 Hope Street, Gardens, Cape Town

Contact: Madelen Johansson citybowlmarket@gmail.com

The Old Biscuit Mill Market

373-375 Albert Road, Woodstock, Cape Town

Contact: 021-447 8194 <http://theoldbiscuitmill.co.za/>
info@theoldbiscuitmill.co.za

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Various Ingredients:

Coconut oil

Rawlicious shop, 13 Bell Crescent, Westlake Business Park, Tokai [rawlicious.co.za]

Coconut flour

Online: <http://www.freshearth.co.za/store/p-2874-cocopure-coconut-flour-500g.aspx>

Almond flour

'Natures Choice' at Dischem or Wellness Warehouse

Spring water

Springs Way in Newlands (bring own container) <http://goo.gl/maps/ex7e>

Agave [borderline Paleo...]

(where possible stevia (extracted from a South American leaf, very very low GI, but a little odd tasting) is a better substitution, but may not be suitable for all recipes)

'The natural Route' Health Shop 50 Kloof Street (Lifestyles on Kloof Street)

Raw cacao (powder/paste/butter) and **other superfoods** (e.g. maca, hemp, chia)

'Superfoods': 'The natural Route' (best price) and a variety of other health shops.

Health shops (mentioned above):

'The natural Route'	Ground Floor, Lifestyle on Kloof Centre, 50 Kloof St
Wellness Warehouse	1 st Floor, Lifestyle on Kloof Centre, 50 Kloof St
Rawlicious Shop	13 Bell Crescent, Westlake Business Park, Tokai

Omega 3 Fish Oil Caps

We sell those of 'The Real Thing' Brand at CCF at a discount to our members.

Let us know [info@capecrossfit.com] in case you happen to have additions to this list so we can spread the word and pass on the info to your fellow Cape CrossFitters and everyone else that is interested in the benefits of a Paleolithic food plan.