

PALEO DIET FOOD LIST

Proteins

- Grass-fed Beef
- Poultry (Chicken, Turkey)
- Pork
- Wild-caught Fish
- Shellfish
- Free-range Eggs
- Game Meats

Vegetables

- Leafy Greens (Kale, Spinach)
- Cruciferous (Broccoli, Cauliflower)
- Root Vegetables (Carrots, Sweet Potato)
- Zucchini & Squash
- Onions & Garlic
- Peppers
- Asparagus

Fruits

- Berries (Blueberries, Strawberries)
- Apples
- Avocado
- Citrus (Lemons, Oranges)
- Bananas
- Melons
- Peaches

Fats & Nuts

- Olive Oil
- Coconut Oil
- Almonds
- Walnuts
- Macadamia Nuts
- Flaxseeds
- Pumpkin Seeds

Avoid (Non-Paleo)

- Grains (Wheat, Rice)
- Dairy
- Legumes (Beans, Soy)
- Refined Sugar
- Processed Oils
- Artificial Sweeteners

Visual Guide Template â€” Modern Minimalist Series