

# PALEO DIET FOOD REFERENCE

A comprehensive guide to ancestral eating

## Proteins (Grass-Fed/Wild)

- Beef (Steak, Ground, Roast)
  - Poultry (Chicken, Turkey, Duck)
  - Pork (Chops, Tenderloin, Bacon)
  - Game (Venison, Bison, Rabbit)
  - Organ Meats (Liver, Heart)
  - Eggs (Pastured)
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## Seafood (Wild Caught)

- Fatty Fish (Salmon, Mackerel)
  - White Fish (Cod, Halibut, Tilapia)
  - Shellfish (Shrimp, Crab, Lobster)
  - Mollusks (Clams, Oysters, Scallops)
  - Sardines & Anchovies
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## Vegetables (Organic)

- Leafy Greens (Kale, Spinach, Chard)
  - Cruciferous (Broccoli, Cauliflower)
  - Root (Carrots, Sweet Potatoes, Beets)
  - Alliums (Onions, Garlic, Leeks)
  - Nightshades (Peppers, Tomatoes)
  - Squash (Zucchini, Butternut)
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## Healthy Fats & Oils

- Avocado & Avocado Oil
  - Coconut Oil & Ghee
  - Extra Virgin Olive Oil
  - Animal Fats (Tallow, Lard)
  - Macadamia Nut Oil
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## Fruits (In Moderation)

- Berries (Blueberries, Raspberries)
- Citrus (Lemon, Lime, Orange)

- Stone Fruit (Peaches, Plums)
  - Apples & Pears
  - Melons
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## Nuts & Seeds

- Almonds & Walnuts
  - Cashews & Pecans
  - Macadamia & Hazelnuts
  - Pumpkin & Sunflower Seeds
  - Chia & Flax Seeds
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## Foods to Avoid

- Grains (Wheat, Rice, Corn)
- Legumes (Beans, Peanuts, Soy)
- Refined Sugar & HFCS
- Dairy (Milk, Cheese, Yogurt)
- Processed Vegetable Oils
- Artificial Sweeteners
- Highly Processed Foods
- Alcohol & Soft Drinks
- Trans Fats (Margarine)