

PALEO DIET FOOD LIST

The Ultimate Guide to Ancestral Eating

PROTEINS (GRASS-FED)

- Beef & Steak
- Poultry & Game
- Pork (Uncured)
- Organ Meats
- Lamb
- Wild Boar
- Venison
- Bison

SEAFOOD (WILD CAUGHT)

- Salmon
- Mackerel
- Shrimp
- Cod / Halibut
- Sardines
- Crab / Lobster
- Tuna
- Trout

VEGETABLES (NON-STARCHY)

- Kale / Spinach
- Broccoli
- Cauliflower
- Asparagus
- Brussels Sprouts
- Bell Peppers
- Zucchini
- Onions / Garlic

HEALTHY FATS & OILS

- Avocado Oil
- Coconut Oil
- Extra Virgin Olive
- Ghee (Clarified)

- Tallow / Lard
- Macadamia Oil
- Walnut Oil
- Flaxseed Oil

FRUITS (MODERATE)

- Blueberries
- Strawberries
- Avocado
- Apples
- Bananas
- Grapefruit
- Blackberries
- Melons

NUTS & SEEDS

- Almonds
- Walnuts
- Macadamias
- Pumpkin Seeds
- Chia Seeds
- Hazelnuts
- Pecans
- Flaxseeds

FOODS TO AVOID

Grains

Wheat, Rice, Corn, Oats

Legumes

Beans, Lentils, Peanuts

Dairy

Milk, Cheese, Yogurt

Processed

Sugar, Soy, Seed Oils

Eat whole, unprocessed foods. If it didn't exist 10,000 years ago, don't eat it.