

PALEO ESSENTIALS

PROTEINS

- Grass-fed Beef
- Free-range Chicken
- Wild Salmon
- Pork Loin
- Eggs
- Turkey

VEGETABLES

- Spinach/Kale
- Broccoli
- Sweet Potatoes
- Zucchini
- Bell Peppers
- Carrots

HEALTHY FATS

- Avocado
- Olive Oil
- Coconut Oil
- Ghee
- Almonds
- Walnuts

FRUITS & SEEDS

- Blueberries
- Apples
- Bananas
- Chia Seeds
- Flax Seeds
- Strawberries

AVOID

- Grains / Corn
- Legumes / Soy
- Dairy Products
- Refined Sugar
- Vegetable Oils
- Processed Food

CUT ALONG DOTTED LINE FOR WALLET SIZE