

PALEO DIET FOOD LIST

PROTEINS

- Grass-fed Beef
 - Poultry (Chicken, Turkey)
 - Pork & Lamb
 - Wild-caught Fish
 - Shellfish
 - Free-range Eggs
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VEGETABLES

- Leafy Greens (Kale, Spinach)
 - Broccoli & Cauliflower
 - Carrots & Beets
 - Sweet Potatoes / Yams
 - Zucchini & Squash
 - Onions & Garlic
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FRUITS

- Berries (All types)
 - Apples
 - Avocados
 - Bananas
 - Citrus Fruits
 - Melons
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NUTS & SEEDS

- Almonds
 - Walnuts
 - Macadamia Nuts
 - Pumpkin Seeds
 - Chia Seeds
 - Flaxseeds
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FATS & OILS

- Extra Virgin Olive Oil
 - Coconut Oil
 - Avocado Oil
 - Grass-fed Ghee
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BEVERAGES

- Water (Still/Sparkling)
 - Herbal Tea
 - Black Coffee
 - Coconut Water
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FOODS TO AVOID

- Grains (Wheat, Rice, Corn)
- Legumes (Beans, Peanuts, Soy)
- Refined Sugar & High Fructose Corn Syrup

- Dairy Products
- Processed Vegetable Oils
- Artificial Sweeteners