

# PALEO DIET FOOD LIST

## Kitchen Reference Guide

### PROTEINS

- Grass-fed Beef
- Chicken / Turkey
- Pork
- Lamb
- Wild-caught Fish
- Shellfish
- Game Meats
- Eggs

### VEGETABLES

- Broccoli
- Kale / Spinach
- Carrots
- Asparagus
- Zucchini
- Peppers
- Onions
- Cauliflower

### FATS & OILS

- Avocado Oil
- Coconut Oil
- Extra Virgin Olive Oil
- Grass-fed Ghee
- Tallow
- Lard

### NUTS & SEEDS

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

### FRUITS (MODERATE)

- Blueberries
- Strawberries
- Apples
- Avocados

- Bananas
- Oranges

## TUBERS

- Sweet Potatoes
- Yams
- Cassava
- Parsnips

## FOODS TO AVOID

- Grains (Wheat/Rice/Corn)
- Legumes (Beans/Lentils)
- Refined Sugar
- Dairy Products
- Processed Vegetable Oils
- Artificial Sweeteners
- Processed Meats
- Soft Drinks

Minimalist Kitchen Template • For Reference Purposes Only