

# PALEO DIET FOOD LIST

## Clean Eating & Whole Foods Guide

- Beef
  - Chicken
  - Turkey
  - Pork
  - Salmon
  - Shrimp
  - Eggs
  - Lamb
  - Bison
  - Venison
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- Spinach
  - Kale
  - Broccoli
  - Asparagus
  - Zucchini
  - Peppers
  - Onions
  - Carrots
  - Cabbage
  - Brussels
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- Avocado
  - Olive Oil
  - Coconut Oil
  - Ghee
  - Flaxseed
  - Walnut Oil
  - Tallow
  - Lard
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- Blueberries
- Raspberries

- Strawberries
  - Apples
  - Lemons
  - Limes
  - Melon
  - Peaches
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- Almonds
  - Walnuts
  - Cashews
  - Pecans
  - Chia Seeds
  - Pumpkin Seeds
  - Hazelnuts
  - Macadamias
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- Sweet Potato
  - Yams
  - Plantains
  - Butternut
  - Beets
  - Parsnips
  - Cassava
  - Taro
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**AVOID:**

Grains (Wheat, Corn, Rice), Legumes (Beans, Peanuts), Soy, Refined Sugar, Processed Vegetable Oils, and Dairy.