

PALEO NUTRIENT DENSE FOODS

A guide to ancestral nutrition

PROTEINS & ORGAN MEATS

- Grass-fed Beef
 - Pastured Eggs
 - Wild-caught Salmon
 - Beef Liver
 - Free-range Chicken
 - Sardines / Mackerel
-

VEGETABLES (NON-STARCHY)

- Kale & Spinach
 - Broccoli & Cauliflower
 - Brussels Sprouts
 - Asparagus
 - Bell Peppers
 - Zucchini
-

HEALTHY FATS & OILS

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

STARCH & TUBERS

- Sweet Potatoes
 - Plantains
 - Cassava Root
 - Carrots
 - Beets
-

FRUITS (LOW GLYCEMIC)

- Blueberries
 - Raspberries
 - Blackberries
 - Grapefruit
 - Apples
-

NUTS & SEEDS

- Walnuts □
 - Almonds □
 - Pumpkin Seeds □
 - Macadamia Nuts □
 - Chia Seeds □
-

Avoid: Grains, Legumes, Refined Sugar, Dairy, and Processed Vegetable Oils.