

# PALEO ATHLETE FOOD LIST

- Grass-fed Beef & Bison
  - Free-range Poultry
  - Wild-caught Salmon & Mackerel
  - Whole Eggs
  - Venison / Game Meats
  - Organ Meats (Liver/Heart)
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- Sweet Potatoes & Yams
  - Plantains
  - Cassava / Yuca
  - Beets
  - Carrots
  - Squash (Butternut/Acorn)
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- Avocado & Avocado Oil
  - Extra Virgin Olive Oil
  - Coconut Oil / Coconut Manna
  - Grass-fed Ghee
  - Macadamia Nuts
  - Walnuts & Almonds
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- Bananas (High Glycemic)
  - Blueberries & Raspberries
  - Apples
  - Oranges
  - Melons (Hydration)
  - Dates (Quick Energy)
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- Spinach & Kale
  - Broccoli & Cauliflower
  - Asparagus
  - Zucchini
  - Bell Peppers
  - Brussels Sprouts
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- Bone Broth (Electrolytes)

- Coconut Water
  - Raw Honey (Limit)
  - Sea Salt (Crucial for Athletes)
  - Chia Seeds
  - Herbal Teas
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***Athlete Strategy:** Focus on high-starch tubers (Sweet Potatoes) 2-3 hours before training and immediately following high-intensity sessions to replenish glycogen. Maintain high protein intake to support muscle protein synthesis.*