

PALEO DIET FOOD LIST

A Beginner's Guide to Ancestral Eating

- Grass-fed Beef
 - Poultry (Chicken, Turkey)
 - Pork & Lamb
 - Wild-caught Fish
 - Shellfish
 - Free-range Eggs
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- Leafy Greens (Kale, Spinach)
 - Cruciferous (Broccoli, Cauliflower)
 - Root (Carrots, Sweet Potatoes)
 - Zucchini & Squash
 - Onions & Garlic
 - Peppers
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- Berries (Blueberries, Raspberries)
 - Apples & Pears
 - Avocados
 - Citrus (Lemons, Oranges)
 - Melons
 - Bananas (In moderation)
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- Almonds
 - Walnuts
 - Macadamias
 - Pumpkin Seeds
 - Chia Seeds
 - Flaxseeds
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- Extra Virgin Olive Oil
 - Coconut Oil
 - Avocado Oil
 - Grass-fed Ghee
 - Animal Tallow
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- Sea Salt & Black Pepper
 - Turmeric & Ginger
 - Rosemary & Thyme
 - Cilantro & Parsley
 - Cinnamon
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AVOID (NON-PALEO)

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

 - Processed Dairy
 - Vegetable Oils (Canola, Soy)
 - Artificial Sweeteners
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