

PALEO DIET FOOD LIST

PROTEINS

- Grass-fed Beef
 - Poultry (Chicken, Turkey)
 - Pork & Lamb
 - Wild-caught Fish
 - Shellfish
 - Free-range Eggs
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VEGETABLES

- Leafy Greens (Kale, Spinach)
 - Cruciferous (Broccoli, Cauliflower)
 - Carrots & Beets
 - Onions & Garlic
 - Peppers & Zucchini
 - Sweet Potatoes / Yams
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FRUITS

- Berries (Blueberries, Raspberries)
 - Apples & Pears
 - Citrus (Lemons, Oranges)
 - Avocados
 - Bananas
 - Melons
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HEALTHY FATS & NUTS

- Olive Oil & Coconut Oil
 - Almonds & Walnuts
 - Macadamia Nuts
 - Flax & Chia Seeds
 - Pumpkin Seeds
 - Ghee (Clarified Butter)
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FOODS TO AVOID

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

 - Dairy (Milk, Cheese)
 - Processed Vegetable Oils
 - Artificial Sweeteners
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