

PALEO DIET FOOD LIST

Clean Eating for Sustainable Weight Loss

Proteins (Lean & Grass-Fed)

- Grass-fed Beef & Bison
- Free-range Chicken & Turkey
- Wild-caught Salmon & Mackerel
- Eggs (Pasture-raised)
- Pork (Nitrate-free)
- Shellfish (Shrimp, Scallops)

Healthy Fats

- Avocados & Avocado Oil
- Extra Virgin Olive Oil
- Coconut Oil & Ghee
- Flaxseeds & Chia Seeds
- Walnuts & Macadamias
- Almond Butter

Vegetables (Unlimited)

- Leafy Greens (Kale, Spinach)
- Cruciferous (Broccoli, Cauliflower)
- Zucchini & Asparagus
- Bell Peppers & Onions
- Carrots & Cucumbers
- Brussels Sprouts

Fruits (In Moderation)

- Blueberries & Raspberries
- Strawberries
- Apples & Pears
- Citrus (Lemon, Lime, Orange)
- Melons
- Grapefruit

Foods to Avoid

- **Grains:** Wheat, Oats, Rice, Corn
- **Legumes:** Beans, Lentils, Peanuts
- **Dairy:** Milk, Cheese, Yogurt

- **Sugars:** Soda, Candy, Corn Syrup
- **Processed:** Trans Fats, Junk Food
- **Refined Oils:** Soy, Canola, Sunflower

Template for Educational Purposes Only â€¢ Focus on Whole Foods â€¢ Stay Hydrated