

PALEO DIET REFERENCE CHART

Simple whole foods for optimal health

Proteins

- Grass-fed Beef
 - Poultry (Chicken, Turkey)
 - Pork
 - Wild-caught Fish
 - Shellfish
 - Eggs
 - Game Meats
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Vegetables

- Leafy Greens (Kale, Spinach)
 - Cruciferous (Broccoli, Cauliflower)
 - Root Vegetables (Carrots, Beets)
 - Sweet Potatoes / Yams
 - Zucchini & Squash
 - Onions & Garlic
 - Bell Peppers
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Fats & Oils

- Avocado Oil
 - Extra Virgin Olive Oil
 - Coconut Oil
 - Grass-fed Ghee
 - Animal Fats (Tallow, Lard)
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Fruits & Nuts

- Berries (Blueberries, Raspberries)
 - Apples & Pears
 - Avocados
 - Almonds & Walnuts
 - Macadamia Nuts
 - Cashews (Moderate)
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Avoid (Non-Paleo)

Grains (Wheat, Rice, Corn) Legumes (Beans, Soy, Peanuts) Refined Sugar
Processed Vegetable Oils Dairy