

# STRICT PALEO DIET SUMMARY

Whole Foods • Grain-Free • Refined Sugar-Free

## PROTEINS

- Grass-fed Beef & Lamb
- Pastured Poultry (Chicken, Turkey)
- Wild-caught Fish & Seafood
- Pork & Game Meats
- Cage-free Eggs

## VEGETABLES

- Leafy Greens (Kale, Spinach)
- Cruciferous (Broccoli, Cauliflower)
- Root Vegetables (Sweet Potatoes)
- Alliums (Onions, Garlic)
- Zucchini, Peppers, Carrots

## HEALTHY FATS


- Avocado & Avocado Oil
- Extra Virgin Olive Oil
- Coconut Oil & Ghee
- Tallow & Lard
- Macadamia Nut Oil

## NUTS & FRUITS

- Almonds, Walnuts, Cashews
- Berries (Blueberries, Raspberries)
- Apples, Citrus, Melons
- Chia & Pumpkin Seeds
- Flaxseeds

## STRICTLY AVOID

- All Grains (Wheat, Rice, Corn)
- Legumes (Beans, Peanuts, Soy)
- Dairy (Milk, Cheese, Yogurt)

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- Refined Sugars & Corn Syrup
  - Processed Vegetable Oils
  - Artificial Sweeteners