

ULTIMATE PALEO DIET GUIDE

Clean Eating Checklist for Optimal Health

Proteins (Grass-Fed/Wild)

- Beef & Lamb
- Poultry (Chicken, Turkey)
- Pork
- Wild-Caught Fish
- Shellfish
- Eggs (Pastured)

Vegetables (Organic)

- Leafy Greens (Kale, Spinach)
- Cruciferous (Broccoli, Cauliflower)
- Root (Carrots, Sweet Potatoes)
- Zucchini & Squash
- Onions & Garlic
- Peppers & Asparagus

Fruits (Seasonal)

- Berries (Blueberries, Raspberries)
- Apples & Pears
- Citrus Fruits
- Avocado
- Bananas (In moderation)
- Melons

Fats & Seeds

- Olive Oil & Coconut Oil
- Grass-fed Ghee
- Almonds & Walnuts
- Macadamias
- Chia & Flax Seeds
- Pumpkin Seeds

FOODS TO AVOID

- Grains (Wheat, Rice, Corn, Oats)
- Legumes (Beans, Lentils, Peanuts)
- Dairy (Milk, Cheese, Yogurt)

- Refined Sugars & High Fructose Corn Syrup
- Processed Vegetable Oils (Canola, Soy)
- Artificial Sweeteners & Preservatives

Note: Prioritize whole, unprocessed foods. Stay hydrated with water, herbal tea, or black coffee.