

PALEO DIET REFERENCE CHART

Whole Foods Shopping & Nutrition Guide

PROTEINS (GRASS-FED/WILD)

- Beef (Steak, Ground, Roast)
 - Poultry (Chicken, Turkey, Duck)
 - Pork (Tenderloin, Chops)
 - Wild-Caught Fish (Salmon, Cod)
 - Shellfish (Shrimp, Scallops)
 - Game Meats (Venison, Bison)
 - Pasture-Raised Eggs
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VEGETABLES (NON-STARCHY)

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

- Avocados & Avocado Oil
 - Extra Virgin Olive Oil
 - Coconut Oil & Ghee
 - Tallow & Lard
 - Macadamia Nut Oil
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NUTS & SEEDS (RAW)

- Almonds & Walnuts
 - Cashews & Pecans
 - Pumpkin Seeds (Pepitas)
 - Chia & Flax Seeds
 - Sunflower Seeds
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FRUITS (SEASONAL/FRESH)

- Berries (Blue, Straw, Rasp)
 - Apples & Pears
 - Citrus (Lemon, Lime, Orange)
 - Melons
 - Bananas (In Moderation)
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STARCHY TUBERS

- Sweet Potatoes
 - Yams
 - Cassava / Yuca
 - Plantains
 - Parsnips
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AVOID (NON-PALEO)

- Grains (Wheat, Corn, Rice)
 - Legumes (Beans, Soy, Peanuts)
 - Refined Sugars / HFCS
 - Dairy (Milk, Cheese, Yogurt)
 - Processed Vegetable Oils
 - Artificial Sweeteners
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PRINTED REFERENCE ONLY & CONSULT A PHYSICIAN BEFORE STARTING ANY NEW DIET.