

# PALEO DIET FOOD LIST

## MEATS / ANIMAL PRODUCTS

*Organic, grass-fed, & pasture raised*

Beef	Bison	Wild Boar	Eggs
Pork	Venison	Wild Turkey	Organ Meats
Lamb	Quail	Chicken	Bone Broth
Rabbit	Elk	Duck	
Goat	Bear	Goose	
Sheep	Veal	Moose	

## FRUITS

*Choose in-season fruits*

Apples	Peaches	Melons	Avocados
Citrus Fruits	Tomatos	Figs	Coconut
Berries	Plums	Jackfruit	Cherries
Banana	Pears	Dates	Papaya
Kiwi	Lychee	Olives	Passion Fruit
Grapes	Pineapple	Plantains	Mangos

## VEGETABLES

*Nightshade veggies optional*

Leafy Greens	Mushrooms	Eggplant	Watercress
Cucumber	Celery	Garlic	Bok Choy
Artichoke	Asparagus	Zucchini	Cassava
Broccoli	Leeks	Peppers	Okra
Jicama	Seaweed	Garlic	Radishes
Onions	Beets	Turnips	Pumpkin

## NUTS & SEEDS

*Choose no sugar added, unsalted nut & seed butters*

Almonds	Pine Nuts	Flax Seeds
Hazelnuts	Pecans	Chia Seeds
Cashews	Pistachios	Pumpkin Seeds
Brazil Nuts	Chestnuts	Hemp Seeds
Walnuts	Sesame Seeds	
Macadamia	Sunflower Seeds	

## SEAFOODS & FISH

*Wild-caught, fresh, frozen, or canned in water*

Salmon	Tuna	Lobster	Crab
Trout	Mackerel	Clams	Squid
Catfish	Sardines	Scallops	Octopus
Haddock	Mahi Mahi	Oysters	Shrimp
Bass	Tilapia	Mussels	Crayfish
Cod	Flounder	Prawns	Swordfish

## DRINKS

*Unsweetened, no added flavors, no preservatives, no emulsifiers*

Black Coffee	Herbal Teas	Matcha Tea
Black Tea	Seltzers	Cider
Green Tea	Kombucha	
Water	Fruit Smoothies	
Coconut Water	Coconut Milk	
Soda Water	Mineral Waters	

## AVOID EATING

*Limit or eliminate entirely!*

Whole & Multi Grains  
Oats  
Corn  
Refined Sugar  
Artificial Sweeteners  
Beans  
Peanuts  
Peas  
Tofu  
Partially Hydrogenated Oils  
Fried Foods  
White & Wheat Flour  
Cheese  
Dairy Milk  
Quinoa  
Lentils  
Legumes  
Deli Meats

## OILS & SWEETENERS

*No artificial preservatives*

Maple Syrup  
Honey  
Cacao  
Fish Oil  
Extra Virgin Olive Oil  
Coconut Sugar



**FRESH N LEAN**®

**Tips:** While the paleo diet emphasizes eating whole foods found before the advent of farming, you may choose to modify your diet with other healthy foods. Use this list as a guideline when building your shopping list. Just avoid processed foods as much as possible!