

# Quick-Start Paleo Food List

- **Meats:** most kinds, ideally pasture-raised or grass-fed, including organ meats
- **Seafood:** most kinds, ideally wild-caught
- **Vegetables:** any kind, ideally organic and local
- **Eggs:** any kind, ideally pasture-raised or free-range
- **Fruit:** any kind, all in moderation, ideally organic
- **Nuts and seeds:** all kinds, in moderation, ideally organic and with no added oils
- **Certain oils and fats:** Organic, unrefined saturated and monounsaturated fats,

## Foods to Eat on a Paleo Diet

### Proteins

- Anchovies
- Bacon
- Bass
- Beef
- Beef liver
- Bison
- Chicken
- Chicken eggs
- Chicken liver
- Clams
- Cod
- Deer
- Duck
- Duck eggs
- Elk
- Emu
- Goat
- Goose
- Haddock
- Halibut
- Ham
- Lamb
- Ostrich
- Oysters
- Pheasant
- Pork
- Quail
- Rabbit
- Salmon
- Sardines
- Scallops
- Shellfish, all kinds
- Shrimp
- Snapper
- Sole
- Tilapia
- Trout
- Tuna
- Turkey
- Veal
- Venison

### Vegetables and Fruits

- Algaes
- Apples, all kinds
- Apricots
- Artichoke
- Arugula
- Asparagus
- Avocado
- Bananas
- Beets
- Beet greens
- Bell peppers
- Blackberries
- Blueberries
- Bok choy
- Broccoli
- Broccoli raab
- Broccolini
- Brussels sprouts
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Celery
- Chard
- Cherries
- Coconut
- Collard greens
- Cranberries
- Cucumber
- Dandelion greens
- Dates
- Eggplant
- Endive
- Figs
- Garlic
- Grapefruit
- Grapes
- Green beans
- Herbs, all kinds

- Honeydew
- Kale
- Kelp
- Kiwifruit
- Kohlrabi
- Kombu
- Kumquats
- Leeks
- Lemons
- Lettuces, all kinds
- Limes
- Mangoes
- Mushrooms
- Nectarines
- Olives
- Onions, all kinds
- Oranges
- Papaya
- Parsnips
- Passionfruit
- Peaches
- Pears
- Persimmon
- Pineapple
- Plums
- Pomegranate
- Radicchio
- Radish
- Raspberries
- Rhubarb
- Sea vegetables
- Seaweeds
- Snow peas
- Spinach
- Squash, all kinds
- Star fruit
- Strawberries
- Sugar snap peas
- Sweet peas
- Sweet peppers
- Sweet potatoes
- Tangelos
- Tangerines
- Tomatillos
- Tomatoes
- Turnips
- Wakame
- Watercress
- Watermelon
- White potatoes
- Zucchini

## **Nuts and Seeds and Their (Unsweetened) Products**

- Almonds
- Almond butter
- Almond milk
- Brazil nuts
- Cashews
- Cashew butter
- Chestnuts
- Chia seeds
- Coconut
- Flaxseeds
- Hazelnuts
- Hemp hearts
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Walnuts
- Sesame seeds
- Sunflower seeds
- Sunflower butter

## **Fats and Oils**

- Avocado oil
- Coconut oil
- Coconut cream
- Coconut milk
- Duck fat
- Flaxseed oil
- Ghee
- Hempseed oil
- Lard
- Macadamia oil
- Extra virgin olive oil
- Paleo mayo
- Tallow
- Walnut oil

## **Sweeteners**

- Coconut nectar
- Coconut sugar
- Date sugar
- Honey, raw
- Maple sugar
- Maple syrup, grade B
- Molasses
- Stevia leaf, pure

## Paleo Baking Flours

- Almond flour
- Arrowroot powder
- Cassava flour
- Coconut flour
- Hazelnut flour
- Tapioca starch

## Condiments and Cooking Ingredients

- Apple cider vinegar
- Applesauce (unsweetened)
- Balsamic vinegar
- Cacao, raw
- Cacao nibs
- Cacao powder
- Coconut aminos
- Fish sauce
- Red wine vinegar
- Tomato paste
- Worcestershire sauce (corn-free)

## Drinks

- Black coffee
- Black tea
- Bone broth
- Coconut water
- Club soda
- Green tea
- Herbal tea
- Kombucha
- Matcha
- Seltzer
- Sparkling water (no artificial ingredients)
- Water, filtered or spring
- Water kefir
- Wine
- White tea

## Foods to Avoid

### Grains

- Wheat
- Rice
- Barley
- Rye
- Corn
- Quinoa
- Amaranth
- Teff
- Sorghum
- Oats
- Buckwheat
- Spelt

### Beans and Legumes

- Lentils
- Black beans
- Pinto beans
- Soy
- Red beans
- Peanuts
- White beans
- Garbanzo bean

(Peas and green beans are acceptable)

### Dairy

- Milk
- Cheese
- Yogurt
- Cottage cheese
- Ice cream
- Sour cream
- Dairy creamer
- Buttermilk
- Powdered milk

The only exceptions that are allowable on most Paleo diets are butter and ghee.

## High Omega-6 Vegetable Oils

- Butter alternatives
- Canola oil
- Corn oil
- Cottonseed oil
- Crisco
- Grapeseed oil
- Margarine
- Palm oil
- Peanut oil
- Safflower oil
- Shortening
- Soybean oil
- Sunflower oil
- Vegetable oil

## Refined Sugar & Artificial Sweeteners

- Cane sugar
- Cane syrup
- Brown rice syrup
- White sugar
- Brown sugar
- Agave
- Corn syrup
- Glucose syrup
- Dextrose
- Malt syrup
- Splenda
- Aspartame
- Equal
- Truvia
- Sucralose

## Processed, Hydrogenated, and Refined Foods

In general, if you don't recognize or can't pronounce an ingredient on the label of a food, it's probably not Paleo. Avoid all foods containing "hydrogenated" or "partially hydrogenated" ingredients.

## Certain Seafoods

- Shark
- Swordfish
- King mackerel
- Tilefish

## Bottom Line

Basically, it all comes down to eating real food. Our bodies are engineered to utilize the nutrients found in whole foods in their natural form. The same cannot be said for the man-made chemicals that are now abundantly found in our food supply. Our bodies don't know what to do with these foreign chemicals and altered foods.

Long-term results of following a highly processed diet are not good, and in fact, is largely why chronic conditions are rampant in our modern world. These processed and refined ingredients make our immune systems overly sensitive and can trigger countless disease states.

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