

# PALEO FOOD LIST

## *What to Eat?*

Starting with meats, eat as much as you want for breakfast, lunch & dinner. Cook the meats simply without too much added fat – broiling, baking, roasting, sautéing or browning, then pouring off excess liquid fat, or stir frying over high heat with a little oil (No deep fat frying)

## *Lean Meats*

### *Lean Beef (trimmed of visible fat)*

- Flank Steak
  - Extra lean hamburger (7% fat or less)
  - Chuck Steak
  - Any other lean cut
- Top Sirloin Steak  
London broil  
Lean veal

### *Lean Pork (trimmed of visible fat)*

- Pork loin
  - Any other lean cut
- Pork Chops

### *Lean poultry (white meat, skin removed)*

- Chicken breast
  - Game hen breasts
- Turkey breast

### *Eggs (limit to 6 per week)*

- Chicken (enriched omega 3 variety)
  - Goose
- Duck

### *Other meats*

- Rabbit meat (any cut)
- Goat meat (any cut)

### *Organ meats*

- Beef, lamb, pork, chicken livers
- Beef, pork and lamb tongues
- Beef, lamb and pork marrow
- Beef, lamb and pork “sweetbreads”

### *Game meat*

- Alligator
- Bear
- Bison (buffalo)
- Caribou
- Elk
- Emu
- Goose
- Kangaroo
- Muscovy duck
- New Zealand  
Cervena deer

Ostrich  
Pheasant  
Quail  
Rattlesnake  
Reindeer  
Squab  
Turtle  
Venison  
Wild boar  
Wild turkey

### *Fish*

- Bass
- Bluefish
- Cod
- Drum
- Eel
- Flatfish
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Monkfish
- Mullet
- Northern Pike
- Orange roughy

Perch  
Red snapper  
Rockfish  
Salmon  
Scrod  
Shark  
Striped bass  
Sunfish  
Tilapia  
Trout  
Tuna  
Turbot  
Walleye  
Any other commercially  
available fish

### *Shellfish*

- Abalone
- Clams
- Crab
- Crayfish
- Lobster

Mussels  
Oysters  
Scallops  
Shrimp

## *Fruits and Vegetables*

If you love fruit and are convinced it is making you fat, don't worry. It won't make you fat on this diet, even in unlimited amounts. In fact, it's not easy to get 50% of your daily calories from fruits and vegetables because of the high bulk and low caloric density of fruits and salad vegetables.

Nuts are rich in calories. If you are trying to lose weight, you should eat only about 4 ounces of them a day. Also, except for walnuts, almost all nuts have high levels of omega 6 fats, and if eaten excessively, they can unbalance the ratio of omega 6 to omega 3 fats in your diet.

For ideal health, then, you should eat fruits and vegetables with every meal, along with moderate amounts of nuts, avocados, seeds, and healthful oils (flaxseed, canola, olive oil, and mustard seed). However, just because it's a vegetable doesn't mean it's good - or that it's on the list below. High carbohydrate, starchy tubers - potatoes, sweet potatoes and yams - are restricted on the Paleo Diet. Also, dried fruit should be eaten only in small amounts because it, too, can produce a high glycemic load (causing a rapid increase in the blood glucose level), particularly when you eat too much of it. When you're hungry or in doubt, start with a high protein, low fat food. Remember, lean protein is the most effective nutrient in reducing your appetite and boosting your metabolism to help you burn stored fat.

### *Fruits*

- Apple
- Avocado
- Blackberries
- Boysenberries
- Carambola
- Cherimoya
- Nectarine
- Papaya
- Peaches
- Persimmon
- Plums
- Cranberries
- Gooseberries
- Grapes
- Honeydew melon
- Lemon
- Lychee
- Pomegranate
- Rhubarb
- Strawberries
- Watermelon
- Apricot
- Banana
- Blueberries
- Cantaloupe
- Cassava Melon
- Cherries
- Orange
- Passion Fruit
- Pears
- Pineapple
- Figs
- Grapefruit
- Guava
- Kiwi
- Lime
- Mango
- Raspberries
- Star Fruit
- Tangerine
- All other fruits

## ***Vegetables***

- Artichoke
- Beet Greens
- Bell Peppers
- Brussels Sprouts
- Carrots
- Celery
- Cucumber
- Eggplant
- Green Onions
- Kohlrabi
- Mushrooms
- Onions
- Parsnip
- Pumpkin
- Radish
- Seaweed
- Squash (all kinds)
- Tomatillos
- Turnip Greens
- Watercress
- Asparagus
- Beets
- Broccoli
- Cabbage
- Cauliflower
- Collards
- Dandelion
- Endive
- Kale
- Lettuce
- Mustard Greens
- Parsley
- Peppers (all kinds)
- Purslane
- Rutabaga
- Spinach
- Swiss Chard
- Tomato
- Turnips

## ***Nuts and Seeds***

If you are actively losing weight, you should eat no more than 4 ounces of nuts and seeds a day. Walnuts are the best as they have the most omega 3 ratio.

- Almonds
- Cashews
- Hazelnuts
- Pecans
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Brazil Nuts
- Chestnuts
- Macadamia Nuts
- Pistachios (unsalted)
- Sesame Seeds
- Walnuts

## ***Foods You Can Eat in Moderation***

### ***Oils***

4 tablespoons or less a day when weight loss is of primary importance

- Olive
- Canola Oils
- Avocado
- Walnut
- Flaxseed

### ***Beverages***

- Diet Sodas
- Beer
- Coffee
- Spirits (4oz)
- Tea
- Wine (2-4-oz glasses)

### ***Paleo Sweets***

- Dried Fruits (2oz)
- Nuts mixed with dried fruit and fresh fruits (no more than 4oz of nuts & 2oz of dried fruit/day)

## *Foods You Should Avoid*

### *Dairy Foods*

- All processed foods made With any dairy products
  - Powdered Milk
  - Ice cream
- |                      |           |               |
|----------------------|-----------|---------------|
| Butter               | Cheese    | Cream         |
| Nonfat dairy creamer | Skim milk | Dairy spreads |
| Frozen yogurt        | Ice Milk  | Low-fat Milk  |
| Whole milk           | Yogurt    |               |

### *Cereal Grains*

- Barley (barley soup, barley bread, & all processed foods made with barley)
- Corn (corn on the cob, corn tortillas, corn chips, cornstarch, corn syrup)
- Millet
- Oats (steel-cut oats, rolled oats & all processed foods made with oats)
- Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes, rice flour, & all processed foods made with rice)
- Rye (rye bread, rye crackers, & all processed foods made with rye)
- Sorghum
- Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, & all processed foods made with wheat or wheat flour)
- Wild rice

### *Cereal Grainlike Seeds*

- Amaranth
- Buckwheat
- Quinoa

### *Legumes*

- All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, red beans, string beans, white beans)
  - Black-eyed peas
  - Chickpeas
  - Peas
  - Soybeans & all soybean products, including tofu
- |                 |               |          |
|-----------------|---------------|----------|
| Peanuts         | Lentils       | Snowpeas |
| Sugar snap peas | Peanut butter | Miso     |

