

# Paleo Food List

<u>Foods You Should Eat</u>	<u>Foods You Should Eat</u>
<b>Lean Meats</b> <ul style="list-style-type: none"><li>Lean beef (trimmed of visible fat)</li><li>Flank steak</li><li>Top sirloin steak</li><li>Extra-lean hamburger (no more than 7% fat, extra fat drained off)</li><li>London broil</li><li>Chuck steak</li><li>Lean veal</li><li>Any other lean cut</li><li>Lean pork (trimmed of visible fat)</li><li>Pork loin</li><li>Pork chops</li><li>Any other lean cut</li></ul>	<b>Nuts and Seeds</b> <ul style="list-style-type: none"><li>Almonds</li><li>Brazil nuts</li><li>Cashews</li><li>Chestnuts</li><li>Hazelnuts (filberts)</li><li>Macadamia nuts</li><li>Pecans</li><li>Pine nuts</li><li>Pistachios (unsalted)</li><li>Pumpkin seeds</li><li>Sesame seeds</li><li>Sunflower seeds</li><li>Walnuts</li></ul>
<b>Lean poultry</b> (white meat, skin removed) <ul style="list-style-type: none"><li>Chicken breast</li><li>Turkey breast</li><li>Game hen breasts</li></ul>	<b><u>Foods You Should Eat in Moderation</u></b>
<b>Eggs</b> (limit to six a week) <ul style="list-style-type: none"><li>Chicken (go for the enriched omega 3 variety)</li><li>Duck</li><li>Goose</li></ul>	<b>Oils</b> <ul style="list-style-type: none"><li>Olive, avocado, walnut, flaxseed, and canola oils (use in moderation—4 tablespoons or less a day when weight loss is of primary importance)</li></ul>
<b>Other meats</b> <ul style="list-style-type: none"><li>Rabbit meat (any cut)</li><li>Goat meat (any cut)</li></ul>	<b>Paleo Sweets</b> <ul style="list-style-type: none"><li>Dried fruits (no more than 2 ounces a day, particularly if you are trying to lose weight)</li><li>Nuts mixed with dried and fresh fruits (no more than 4 ounces of nuts and 2 ounces of dried fruit a day, particularly if you are trying to lose weight)</li></ul>
<b>Organ meats</b> <ul style="list-style-type: none"><li>Beef, lamb, pork, and chicken livers</li><li>Beef, pork, and lamb tongues</li><li>Beef, lamb, and pork marrow</li><li>Beef, lamb, and pork “sweetbreads”</li></ul>	<b><u>Foods You Should Not Eat</u></b>
<b>Game meat</b> <ul style="list-style-type: none"><li>Alligator</li><li>Bear</li><li>Bison (buffalo)</li><li>Caribou</li><li>Elk</li><li>Emu</li><li>Goose</li><li>Kangaroo</li><li>Muscovy duck</li><li>New Zealand cervena deer</li><li>Ostrich</li><li>Pheasant</li><li>Quail</li><li>Rattlesnake</li><li>Reindeer</li><li>Squab</li></ul>	<b>Dairy Foods</b> <ul style="list-style-type: none"><li>All processed foods made with any dairy products</li><li>Butter</li><li>Cheese</li><li>Cream</li><li>Dairy spreads</li><li>Frozen yogurt</li><li>Ice cream</li><li>Ice milk</li><li>Low-fat milk</li><li>Nonfat dairy creamer</li><li>Powdered milk</li><li>Skim milk</li><li>Whole milk</li></ul>

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	Turtle Venison Wild boar Wild turkey	Yogurt
<b>Fish</b>	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	<b>Cereal Grains</b> Barley Corn Millet Oats Rice Rye Sorghum Wheat Wild rice
		<b>Cereal Grainlike Seeds</b> Amaranth Buckwheat Quinoa
		<b>Legumes</b> All Beans Black-eyed peas Chickpeas Lentils Peas Miso Peanut butter Peanuts Snow peas Sugar snap peas Soybeans and all soybean products, including tofu
		<b>Starchy Vegetables</b> Starchy tubers Cassava root Manioc Potatoes Sweet potatoes Tapioca pudding Yams
<b>Shellfish</b>	Abalone Clams Crab Crayfish Lobster Mussels Oysters Scallops Shrimp	<b>Salt-Containing Foods</b> Almost all commercial salad dressings and condiments Bacon Cheese Deli meats Frankfurters Ham Hot dogs Ketchup Olives Pickled foods Pork rinds Processed meats Salami
<b>Fruit</b>	Apple Apricot Avocado Banana Blackberries Blueberries Boysenberries Cantaloupe	

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Carambola  
Cassava melon  
Cherimoya  
Cherries  
Cranberries  
Figs  
Gooseberries  
Grapefruit  
Grapes  
Guava  
Honeydew melon  
Kiwi  
Lemon  
Lime  
Lychee  
Mango  
Nectarine  
Orange  
Papaya  
Passion fruit  
Peaches  
Pears  
Persimmon  
Pineapple  
Plums  
Pomegranate  
Raspberries  
Rhubarb  
Star fruit  
Strawberries  
Tangerine  
Watermelon  
All other fruits

## Vegetables

Artichoke  
Asparagus  
Beet greens  
Beets  
Bell peppers  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collards  
Cucumber  
Dandelion  
Eggplant  
Endive  
Green onions  
Kale  
Kohlrabi  
Lettuce  
Mushrooms

Salted nuts  
Salted spices  
Sausages  
Smoked, dried, and salted fish and meat  
Virtually all canned meats and fish (unless they are unsalted or unless you soak and drain them)

## Fatty Meats

Bacon  
Beef ribs  
Chicken and turkey legs  
Chicken and turkey skin  
Chicken and turkey thighs and wings•  
Fatty beef roasts  
Fatty cuts of beef  
Fatty ground beef  
Fatty pork chops  
Fatty pork roasts  
Lamb chops  
Lamb roasts  
Leg of lamb  
Pork ribs  
Pork sausage  
T—bone steaks

## Sweets

Candy  
Honey  
Sugars

# Paleo Food List

Mustard greens Onions Parsley Parsnip Peppers (all kinds) Pumpkin Purslane Radish Rutabaga Seaweed Spinach Squash (all kinds) Swiss chard Tomatillos Tomato (actually a fruit, but most people think of it as a vegetable) Turnip greens Turnips Watercress	
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