

PALEO DIET

FOOD CHART

ENJOY

- **LEAN MEATS**
- Beef (preferably grass-fed), pork, chicken, turkey, game meats (venison, bison, etc)
- **FISH AND SEAFOOD**
- Salmon, mackerel, sardines, trout, shrimp, shellfish
- **EGGS**
- Free-range or pasture-raised eggs
- **NUTS AND SEEDS**
- Almonds, walnuts, cashews, macadamia nuts, pistachios
- Pumpkin seeds, sunflower seeds
- **HEALTHY FATS**
- Oils (olive, coconut, avocado)
- Ghee (clarified butter)
- **FRUITS**
- Berries (strawberries, blueberries, raspberries), apples, oranges, bananas, pineapple, mangoes, kiwi, avocado
- **VEGETABLES**
- Leafy greens (spinach, kale, Swiss chard), broccoli, cauliflower, Brussels sprouts,...

AVOID

- **GRAINS**
- Wheat, rice, barley, oats, corn, rye, quinoa, buckwheat
- **LEGUMES**
- Beans, lentils, peas, chickpeas, soybeans, peanuts
- **DAIRY**
- Milk, cheese, yogurt, butter
- **PROCESSED FOODS**
- Packaged snacks
- Processed meats (hot dogs, deli meats)
- Sugary beverages
- Artificial sweeteners
- Refined sugars
- **REFINED VEGETABLE OILS**
- Soybean, corn, canola, cottonseed, sunflower, safflower oils
- **ARTIFICIAL INGREDIENTS**
- Artificial flavors, colors, preservatives, additives
- **HIGHLY PROCESSED FOODS**
- Fast food
- Frozen meals
- ...

FOOD CHART

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Paleo Diet Tracker Pat Steele

Shasha Hu



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