

PALEO DIET

FOOD CHART

ENJOY

AVOID

■ LEAN MEATS

- Beef (preferably grass-fed), pork, chicken, turkey, game meats (venison, bison, etc.)
-
-

■ FISH AND SEAFOOD

- Salmon, mackerel, sardines, trout, shrimp, scallops
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-

■ EGGS

- Free-range or pasture-raised eggs
-
-

■ NUTS AND SEEDS

- Almonds, walnuts, cashews, macadamia nuts, pistachios
- Pumpkin seeds, sunflower seeds
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-

■ HEALTHY FATS

- Oils (olive, coconut, avocado)
- Other (clarified butter)
-
-

■ FRUITS

- Berries (strawberries, blueberries, raspberries), apples, oranges, bananas, pineapple, mangoes, kiwi, avocados
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-
-

■ VEGETABLES

- Leafy greens (spinach, kale, Swiss chard), broccoli, cauliflower, Brussels sprouts, artichokes, zucchini, bell peppers
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-
-

■ GRAINS

- Wheat, rice, barley, oats, corn, rye, quinoa, buckwheat
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-

■ LEGUMES

- Beans, lentils, peas, chickpeas, soybeans, peanuts
-
-

■ DAIRY

- Milk, cheese, yogurt, butter
-
-

■ PROCESSED FOODS

- Packaged snacks
- Processed meats (hot dogs, deli meat)
- 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
- Prepackaged snacks

FOOD CHART



Paleo Diet Tracker Pat Steele

Shasha Hu

Paleo Diet Tracker Pat Steele:

Paleo Diet Tracker Pat L. Steele,2015-12-12 1 Insider Secret to Lose Weight Get Healthy Fast Revolutionary New Paleo Plan This Paleo Diet Tracker looks great and completes the tools you ll need to stay on track Now you ll be able to get healthy slim and strong with the least amount of effort You ll be the King or Queen of Paleo and everyone will rejoice in your new found health Buy this tracker today to super charge your Paleo success **Who's who in America** ,2003 *Books in Print Supplement* ,1984 *Paleo Diet* Declan K. Steele,2015-06-18

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