

PALEO

What to Eat on the Paleo Diet



FRESH VEGETABLES



FRESH FRUIT
(in moderation)



GRASS-FED, LEAN MEATS



FRESH FISH AND EGGS



HEALTHY FATS
(olive oil, coconut oil, avocado oil, avocados)



NUTS AND SEEDS



RICE



WHEAT
(baked goods, bread, cookies, crackers)



BEANS, LEGUMES, AND LENTILS



PROCESSED FOODS
(Ex. protein bars, boxed crackers, cakes, cookies, cereal)



DAIRY PRODUCTS



MOST VEGETABLE OILS
(corn oil, safflower oil, vegetable oil)



ARTIFICIAL SWEETENERS



Example Plate

- Veggies
- Protein (any choice)
- Fruit
- Healthy fat (like nuts, seeds, avocado, olive oil)
- Water or tea

Eat Liberally

- **Meat and poultry.**

Emphasize beef and lamb, but also pork, chicken, turkey, duck and wild game like venison, ostrich, etc. Organic and free-range is always preferable

- **Organ meats (especially liver).**

Liver is the most nutrient-dense food on the planet. If you don't like the taste of liver, one good trick is to put one chicken liver in each cube of an ice cube tray and freeze them. Then, when you're making any meat dish, dice up one chicken liver and add it to the meat.

- **Bone broth soups.**

It's essential to balance your intake of muscle meats and organ meats with homemade bone broths. Bone broths are rich in glycine, and amino acid found in collagen, which is a protein important in maintaining a healthy gut lining.

- **Fish**

Especially fatty fish like salmon, mackerel and herring. Wild is preferable. You need to eat three 6 oz. servings of fatty fish per week to balance your omega-6 to omega-3 ratio.

- **Eggs.**

Preferably free-range and organic.

- **Starchy tubers.**

Yams, sweet potatoes, yuca/manioc, taro, lotus root, etc.

- **Non-starchy vegetables.**

Cooked and raw.

If you have some digestive symptoms, you may do better with vegetables that are lightly steamed rather than raw, as this makes them softer and easier to digest.

- **Fermented vegetables and fruits.**

Sauerkraut, kim chi, beet kvass, coconut kefir, etc. These are excellent for gut health.

- **Traditional fats.**

Coconut oil, palm oil, lard, duck fat, beef tallow and olive oil.

Olives, avocados and coconuts (including coconut milk).

- **Nuts and Seeds.**

- **Spices.**

Sea salt and spices can add plenty of flavor to a dish

Eat in Moderation

- **Processed meat.**

Sausage, bacon and jerky.

- **Whole fruit.**

Approximately 1-3 servings per day, depending on your blood sugar balance. Favor low sugar fruits like berries and peaches over tropical fruits, apples & pears.

- **Coffee and black tea.**

Black, or with coconut milk.

- **Dark chocolate.**

70% cacao or higher; in small amounts (i.e. about the size of a silver dollar per serving) is permitted.

- **Vinegar.**

Apple cider vinegar is especially well-tolerated. 1 tsp of apple cider vinegar in between meals can reduce bloating by keeping overgrowth of bacteria and yeast down.

- **Restaurant food.**

The main problem with eating out is that restaurants cook with industrial seed oils, which wreak havoc on the body and cause serious inflammation. You don't need to become a cave dweller, but it's best to limit eating out as much as possible during this initial period.

- **Legumes.**

Including beans of all kinds (soy, black, kidney, pinto, etc.), peas, lentils and peanuts.

This is in the gray area for us. Watch your symptoms and listen to your body when consuming legumes

- **Concentrated sweeteners, real or artificial.**

Including sugar, high fructose corn syrup, maple syrup, honey, agave, brown rice syrup, Splenda, Equal, Nutrasweet, xylitol, stevia, etc.

Avoid Completely

- **Dairy.**

Including butter, cheese, yogurt, milk, cream & any dairy product that comes from a cow, goat or sheep.

- **Grains.**

Including bread or any gluten-free pseudo grains like sorghum, teff, quinoa, amaranth, buckwheat, etc.

- **Processed or refined foods.**

As a general rule, if it comes in a bag or a box, don't eat it. This also includes highly processed "health foods" like protein powder, energy bars, dairy-free creamers, etc.

- **Industrial seed oils.**

Soybean, corn, safflower, sunflower, cottonseed, canola, etc. Read labels - seed oils are in almost all processed, packaged and refined foods (which you should be mostly avoiding anyway).

- **Sodas and diet sodas.**

All forms.

- **Alcohol.**

In any form. (It's only for 2-4 weeks!)

- **Processed sauces and seasonings.**

Soy sauce, tamari, and other processed seasonings and sauces (which often have sugar, soy, gluten, or all of the above).