

# Paleo

## Encouraged Foods

### Lean Meats

Lean beef (trimmed of visible fat)  
Flank steak  
Top sirloin steak  
Extra-lean hamburger (no more than 7% fat, extra fat drained off)  
London broil  
Chuck steak  
Lean veal (Any other lean cut)  
Lean pork (trimmed of visible fat)  
Pork loin  
Pork chops (Any other lean cut)

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

Chicken breast  
Turkey breast Game  
Hen breasts

### Eggs (limit to six a week)

Chicken (go for the enriched omega 3 variety)  
Duck  
Goose

### Other meats

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

### Organ meats

Beef, lamb, pork, and 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

### Game meat cont.

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

**Fish cont.**

Tuna  
Turbot  
Walleye  
Any other commercially available fish

**Shellfish**

Abalone  
Clams  
Crab  
Crayfish  
Lobster  
Mussels  
Oysters  
Scallops  
Shrimp

**Fruit**

Apple  
Apricot  
Avocado  
Banana  
Blackberries  
Blueberries  
Boysenberries  
Cantaloupe  
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

**Fruit cont.**

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  
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

## **Nuts and Seeds**

Almonds  
Brazil nuts  
Cashews  
Chestnuts  
Hazelnuts (filberts)  
Macadamia nuts

Pecans  
Pine nuts  
Pistachios (unsalted)  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

## **Foods To Be Eaten In Moderation**

### **Oils**

Olive  
avocado  
walnut  
flaxseed  
canola oils (use in moderation --- 4 tablespoons or less a day when weight loss is of primary importance)

### **Beverages**

Diet sodas (These often contain artificial sweeteners such as aspartame and saccharine, which may be harmful; you're better off drinking bottled and mineral waters.)

Coffee

Tea

Wine (two 4-ounce glasses; Note: Don't buy "cooking wine," which is loaded with salt.)

Beer (one 12-ounce serving)

Spirits (4 ounces)

### **Paleo Sweets**

Dried fruits (no more than 2 ounces a day, particularly if you are trying to lose weight)

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)

## **Foods You Should Avoid**

### **Dairy Foods**

All processed foods made with any dairy products

Butter

Cheese

Cream

Dairy spreads

Frozen yogurt

Ice cream

Ice milk

Low-fat milk

Nonfat dairy creamer

Powdered milk

Skim milk

Whole milk

Yogurt

### **Cereal Grains**

Barley (barley soup, barley bread, and all processed foods made with barley)

Corn (corn on the cob, corn tortillas, corn chips, corn starch, corn syrup)

Millet Oats (steel-cut oats, rolled oats, and all processed foods made with oats)

### **Cereal Grains cont.**

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, and 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, and 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

Lentils

Peas

Miso

Peanut butter

Peanuts

Snowpeas

Sugar snap peas

Soybeans and all soybean products, including tofu

### **Starchy Vegetables**

Starchy tubers

Cassava root

Manioc

Potatoes and all potato products (French fries, potato chips, etc.)

Sweet potatoes

Tapioca pudding

Yams

### **Salt-Containing Foods**

Almost all commercial salad dressings and condiments

Bacon

Cheese

Deli meats

Frankfurters

Ham

Hot dogs

Ketchup

Olives

**Salt-Containing Foods cont.**

Pickled foods

Pork rinds

Processed meats

Salami

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

**Soft Drinks and Fruit Juices**

All sugary soft drinks

Canned, bottled, and freshly squeezed fruit drinks (which lack the fiber of fresh fruit and have a much higher glycemic index)

**Sweets**

Candy

Honey

Sugars