

# Paleo Diet Food List

## PROTEIN

### Eggs

### Fish

bass  
cod  
grouper  
haddock  
halibut  
orange roughy  
perch  
salmon  
striped bass  
tilapia  
tuna  
walleye  
any other wild fish

### Lean Beef

chuck steak  
flank steak  
extra lean hamburger  
lean veal  
london broil  
top sirloin

### Lean Pork

pork chops  
pork loin

### Lean Poultry

chicken breast  
turkey breasts

### Organ Meat

liver  
marrow  
tongue

### Shellfish

clams  
crab  
lobster  
mussels  
oysters  
scallops  
shrimp

## FATS

Avocado  
almonds  
brazil nuts  
chestnuts  
coconut and coconut oil  
flaxseed oil  
macadamia nuts  
olive oil  
pecans  
pistachios

pumpkin seeds  
sesame seeds  
sunflower seeds  
walnuts

## VEGETABLES

artichoke  
asparagus  
beets and greens  
bell pepper  
broccoli  
brussels sprouts  
cabbage  
carrots  
cauliflower  
celery  
collards  
cucumber  
eggplant  
endive  
green onion  
kale  
lettuce  
mushroom  
mustard greens  
onions  
parsley  
parsnip  
peppers  
pumpkin  
radish  
rutabaga  
seaweed  
spinach  
squash  
swiss chard  
tomato  
turnips and greens  
watercress

## FRUITS

apple  
apricot  
banana  
blackberry  
cantaloupe  
cherries  
cranberry  
grapefruit  
grapes  
guava  
honeydew  
kiwi  
lemon  
lime  
mango  
nectarine  
orange  
papaya

peaches  
pears  
pineapple  
plums  
pomegranate  
raspberry  
strawberry  
tangerine  
watermelon

## DON'T EAT

### Dairy

Butter  
cheese  
coffee creamer  
ice cream  
milk  
yogurt

### Grains

amaranth  
barley  
buckwheat  
corn  
maize  
millet  
oats  
quinoa  
rye  
rice  
sorghum  
wheat  
wild rice

### High GI Vegetables

potatoes  
tapioca

### Legumes

all beans  
black-eyed peas  
cashews  
chickpeas  
lentils  
miso  
peas  
peanuts/peanut butter  
soybean and soy products

### Sugar

Any sugar  
candy  
fruit and soft drinks  
honey

