



## PALEO DIET FOOD LIST

The following is a **comprehensive paleo diet food list**. In it, you'll find a list of paleo diet meats, vegetables, fruits, nuts, seeds, oils that are allowed on the paleo diet (and even some paleo diet desserts – yes, they exist!). This list will not only give you a solid starting point for the paleo diet, but also get your mouth drooling (but you won't hear us complaining). Want more specifics on **the types of food you can put on your paleo diet food list** the next time you go to the grocery store? Nom, nom nom. Let's get started!

### ✓ FOODS ALLOWED

- Meats
- Vegetables
- Oils/Fats
- Nuts
- Fruits

### ✗ FOODS NOT ALLOWED

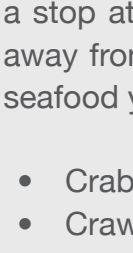
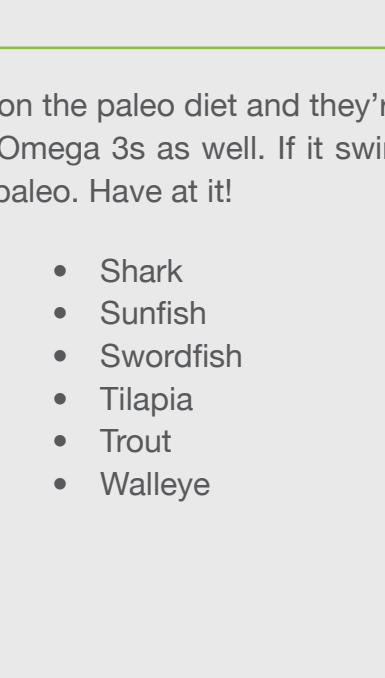
- Dairy
- Soft Drinks
- Fruit Juices
- Legumes
- Grains
- Fatty Meats
- Salty Foods
- Starchy Vegetables
- Snacks
- Energy Drinks
- Sweets



## Meats

This is a list of paleo diet meats allowed on the diet. Almost all meats are paleo by definition. Of course, you'll want to stay away from highly processed meats and meats that are very high in fat (stuff like spam, hot dogs are other low-quality meat), but if it used to moo, pink or make some other sound – it's almost certainly paleo (and yes, that means you can still have bacon – although don't do anything too crazy with it). Here's the full list below:

- Poultry
- Turkey
- Chicken Breast
- Pork Tenderloin
- Pork Chops
- Steak
- Veal
- Bacon
- Pork
- Ground Beef
- Grass Fed Beef
- Chicken Thigh
- Chicken Leg
- Chicken Wings (yum!)
- Lamb rack
- Shrimp
- Lobster
- Clams
- Salmon
- Venison Steaks
- Buffalo
- New York Steak
- Bison
- Bison Steaks
- Bison Jerky
- Bison Ribeye
- Bison Sirloin
- Lamb Chops
- Rabbit
- Goat
- Elk
- Emu
- Goose
- Kangaroo
- Bear (good luck getting this!)
- Beef Jerky
- Eggs (duck, chicken or goose)
- Wild Boar
- Reindeer
- Turtle
- Ostrich
- Pheasant
- Quail
- Lean Veal
- Chuck Steak
- Rattlesnake



## Fish



Fish are definitely on the paleo diet and they're chock full of good stuff like Omega 3s as well. If it swims and has fins, it's definitely paleo. Have at it!

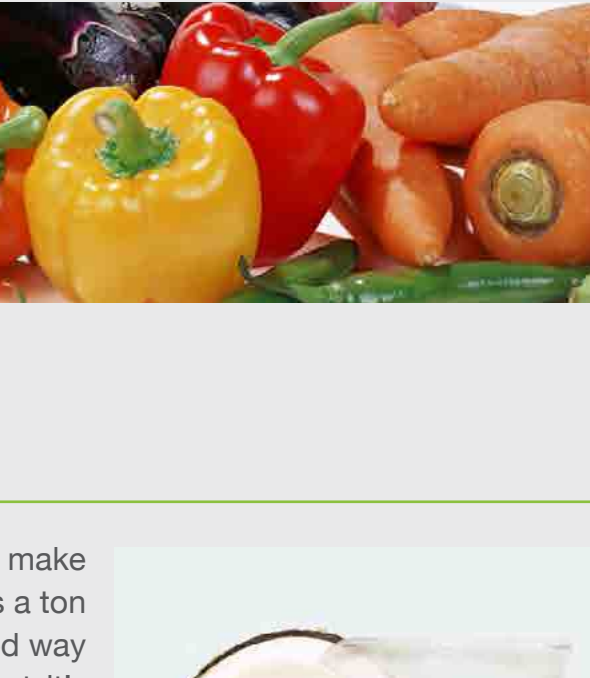
- Bass
- Salmon
- Halibut
- Mackerel
- Sardines
- Tuna
- Red Snapper
- Shark
- Sunfish
- Swordfish
- Tilapia
- Trout
- Walleye



## Seafood

Down in New Orleans and want to have a crawfish boil? Paleo. Swap it out for shrimp? Ditto. Heck, even a stop at Red Lobster is good as long as you stay away from the rolls. Check out the tons of different seafood you can eat on the paleo diet.

- Crab
- Crawfish
- Crayfish
- Shrimp
- Clams
- Lobster
- Scallops
- Oysters

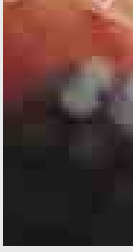


## Vegetables

Paleo diet vegetables. Almost all vegetables foods are on the paleo diet as well – but you need to be careful in discerning the difference here. Vegetables with a high starch content – such as potatoes, and squashes – tend to have low nutritional value in comparison to the amount of starches/carbs/sugars they contain. While they're not bad for you, they're not always that great for you either.



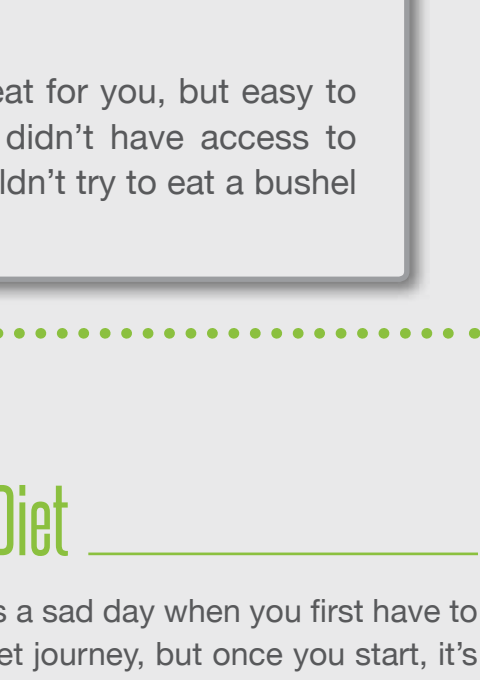
- Asparagus
- Avocado
- Artichoke hearts
- Brussels sprouts
- Carrots
- Spinach
- Celery
- Broccoli
- Zucchini
- Cabbage
- Peppers (All Kinds)
- Cauliflower
- Parsley
- Green Onions
- Butternut Squash\*
- Acorn Squash\*
- Yam\*
- Sweet Potato\*
- Beets\*



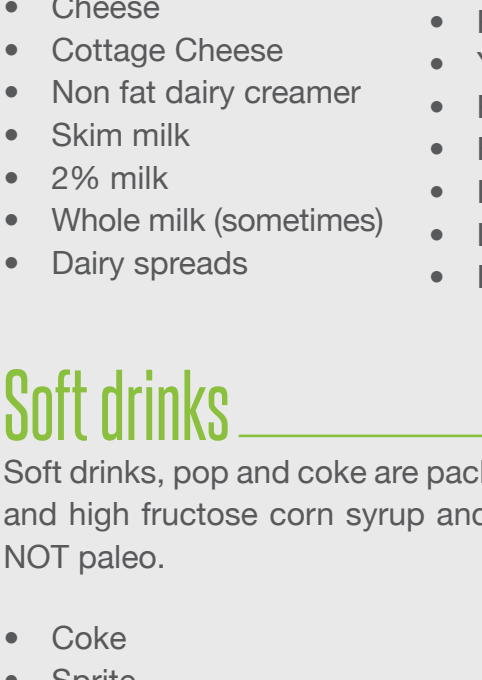
## Oils/Fats

Paleo diet oils. Contrary to popular belief, fat doesn't make you fat – carbs do (and the standard american diet has a ton of them!). Natural oils and fats are your body's preferred way of creating energy so it's best to give your body what it's asking for! The following are some of the **best types of paleo oils and fats** that you can give your body if you're in need of some additional sustained energy.

- Coconut oil
- Olive oil
- Macadamia Oil
- Avocado Oil
- Grass fed Butter



## Nuts



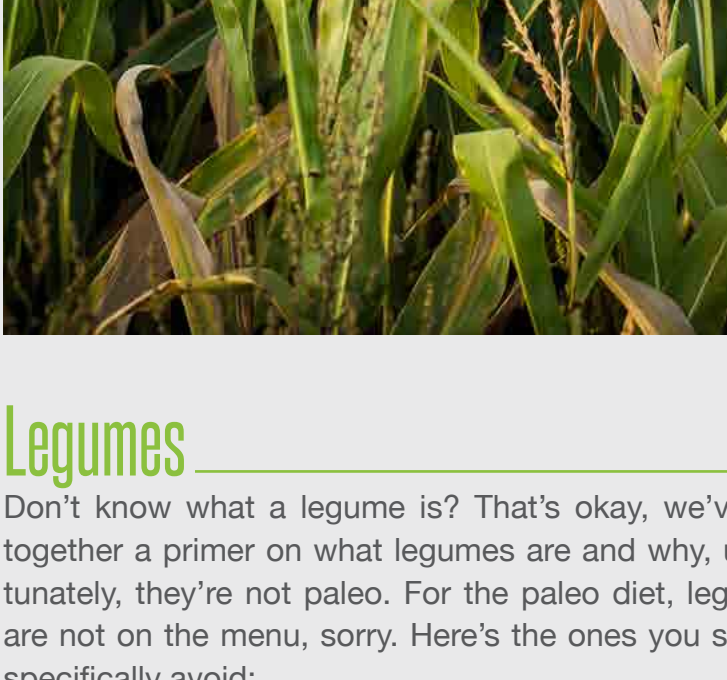
We love nuts! (does that sound bad?) Nuts are decidedly paleo. Be careful as cashews and peanuts are high in fat and for some reason, they're incredibly easy to eat an entire jar in one sitting (that's just not us, is it?). If you're trying to lose weight, limit the amount of nuts you're consuming – otherwise have it. I mean, after all, you can't beat a good almond/pecan/walnut nut mix can you?

- Almonds
- Cashews
- Hazelnuts
- Pecans
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Macadamia Nut
- Walnuts

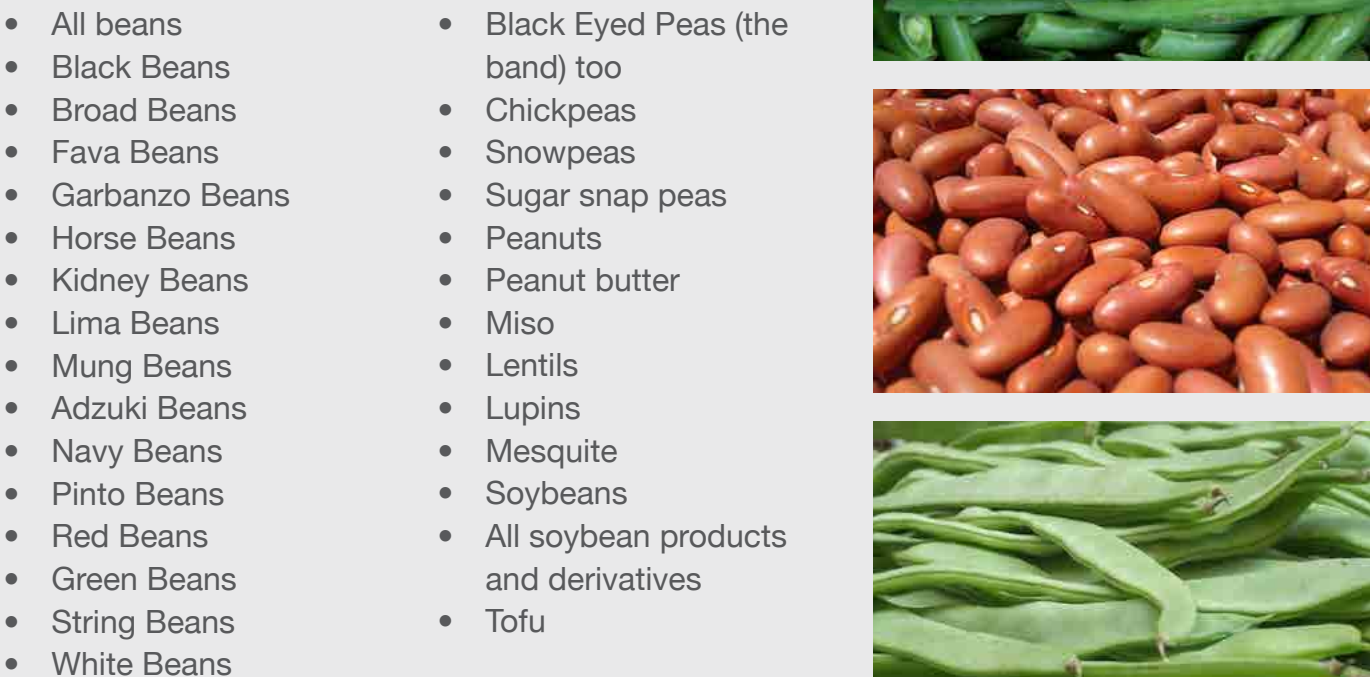


## Fruits\*\*

Paleo diet fruits are not only delicious, but they're great for you. Fruits, even paleo-approved ones, contain large amounts of fructose which – while much better than HFCS (high-fructose corn syrup) – is still sugar. If you're looking to lose weight on the paleo diet, you'll want to cut back on the fruit intake and focus more on the vegetables allowed on the paleo diet. However, feel free to have 1-3 servings of fruit a day and enjoy yourself. Check out this list of paleo diet fruits and see if you're not hungry by the end! (we'll admit, we're partial to the blackberries).

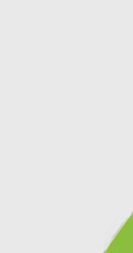


- Apple
- Avocado
- Blackberries
- Papaya
- Peaches
- Plums
- Mango
- Lychee
- Blueberries
- Grapes
- Lemon
- Strawberries
- Watermelon
- Pineapple Guava
- Lime
- Raspberries
- Cantaloupe
- Tangerine
- Figs
- Oranges
- Bananas\*



\*You'll notice, while these starchy foods are great for energy replacement for paleo diet athletes who are spending long periods of time exercising and need some of the starchy foods on the paleo diet to sustain their energy levels. As long as you're training, you'll find these are great sources of energy replacements, especially post- workouts. However, if you're trying to lose weight on the paleo diet, you'll want to limit the quantities of these that you're eating.

\*\*Eat high-sugar fruits in moderation. They're great for you, but easy to overdo. Remember your caveman predecessor didn't have access to Florida orange groves 24/7 so you probably shouldn't try to eat a bushel of oranges in your next paleo diet meal.

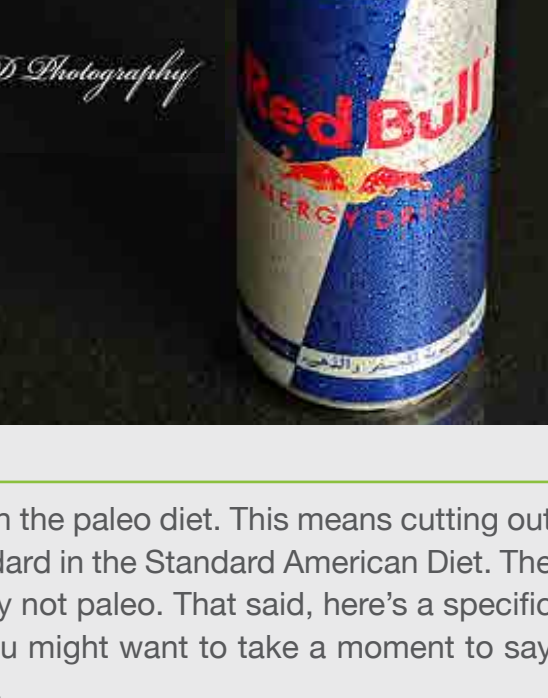


## List of Foods Not Allowed on The Paleo Diet

This is a complete list of foods not allowed on the paleo diet. It's a sad day when you first have to say goodbye to these foods while starting out on your paleo diet journey, but once you start, it's much easier and you find there are even better paleo substitutes for these. The first few weeks might be tough, but if you stick with it over time, it'll be worth it. We promise. Here's the **ultimate list of foods not allowed on the paleo diet**.

### Dairy

- Butter
- Cheese
- Cottage Cheese
- Non fat dairy creamer
- Skim milk
- 2% milk
- Whole milk (sometimes)
- Dairy spreads
- Cream cheese
- Powdered milk
- Yogurt
- Pudding
- Frozen Yogurt
- Ice Milk
- Low fat milk
- Ice cream



### Soft drinks

Soft drinks, pop and coke are packed with sugar and high fructose corn syrup and are definitely NOT paleo.

- Coke
- Sprite
- Pepsi
- Mountain Dew



### Fruit Juices

Fruit juices are super high in sugar (fructose) and will throw your paleo diet off track. Stay away from these ones.

- Apple Juice
- Orange Juice
- Grape Juice
- Strawberry Juice
- Chinola Juice
- Starfruit Juice
- Mango Juice



### Grains

Anything that has a grain in it you should avoid on the paleo diet. Yes, anything. If you pretend that grains are the devil – you'll find it's much easier to avoid them.

- Cereals
- Bread
- English Muffin
- Toast
- Sandwiches
- Triscuits
- Wheat Thins
- Crackers
- Oatmeal
- Cream of Wheat
- Corn
- Corn Syrup
- High Fructose Corn Syrup
- Wheat
- Pancakes
- Hash Browns
- Beer (and the world mourned)
- Pasta
- Fettuchini
- Lasagna

### Legumes

Don't know what a legume is? That's okay, we've put together a primer on what legumes are and why, unfortunately, they're not paleo. For the paleo diet, legumes are not on the menu, sorry. Here's the ones you should specifically avoid:

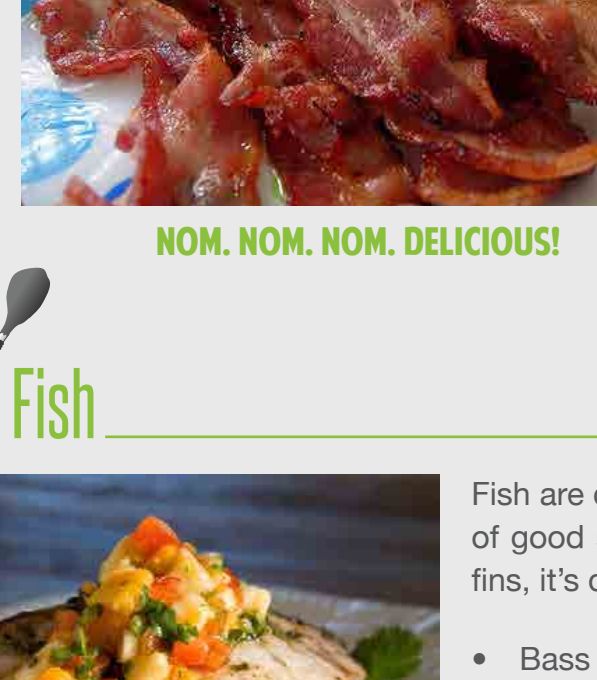
- All beans
- Black Beans
- Broad Beans
- Fava Beans
- Garbanzo Beans
- Horse Beans
- Kidney Beans
- Lima Beans
- Mung Beans
- Adzuki Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Green Beans
- String Beans
- White Beans
- Peas
- Black Eyed Peas (the band) too
- Chickpeas
- Snowpeas
- Sugar snap peas
- Peanuts
- Peanut butter
- Miso
- Lentils
- Lupins
- Mesquite
- Soybeans
- All soybean products and derivatives
- Tofu



### Fatty Meats

If you're going to eat meat, go ahead and spring for some steak. Stay far away from these non-paleo foods.

- Spam
- Hot Dogs
- Low-quality meats (if you do eat them, eat them in moderation)



### Salty Foods

These overly salty foods fall outside the paleo guidelines.

- French Fries
- Ketchup

### Snacks

These easy, cheap and pre-packaged snacks could last years on their own. That means they're definitely not paleo.

- Pretzels
- Chips
- Triscuits
- Wheat Thins
- Cookies
- Sun Chips
- Pastries

### Energy Drinks

These are not good for you and are definitely not paleo. Stay far, far away.

- Red Bull
- Monster
- Rockstar
- Starbucks Refreshers
- Mountain Dew MDX
- Vault
- XS Energy Drink
- 5 Hour Energy



### Alcohol

Unfortunately, almost all alcohol is not paleo. Yes, this includes, but isn't limited to:

- Beer
- Whiskey
- Tequila
- Rum
- Vodka
- Alcohol + Mixers

### Sweets

Sugar is almost all manufactured and should be avoided in the paleo diet. This means cutting out delicious but destructive sweets and sugars that are standard in the Standard American Diet. The rule of thumb here is: if it has a ton of sugar – it's probably not paleo. That said, here's a specific lists of sweets that are not on the paleo diet food list. You might want to take a moment to say goodbye to them before you start your paleo diet journey.

- Candy bars (Listed Below)
- Snickers
- Snickers Peanut Butter
- 100 Grand
- Butterfinger
- Milky Way
- Reeses (NOOOO!)
- Payday
- M&Ms
- Skittles
- Red Vines
- Twizzlers
- Hershey's
- Nestle Crunch
- Almond Joy
- Mounds
- Reese's Fast Break
- Reeses' Pieces
- Twix
- Twix Peanut Butter
- Sugars
- Honey (sometimes allowed in moderation)

