



PALEO DIET FOOD LIST

food list the next time you go



Meats

- 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
- 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

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- A stack of bacon strips on a plate, with the text 'WE LOVE BACON' and 'WE PUT IT ON TH' above it, and 'NOM. NOM.' below it.

Steak nake

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

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

Vegetables

Paleo diet vegetables. Almost all vegetables fit the paleo diet. However, it is important to be careful in discerning the difference here. Root vegetables, like potatoes, and squashes - tend to have low starches/carbs/sugars they contain. While these are healthy for you either.

- Oils/Fats**

Paleo diet oils. Contrary to popular belief, you fat – carbs do (and the standard american diet is full of them!). Natural oils and fats are your body's preferred source of creating energy so it's best to give your body what it's asking for! The following are some of the best oils and fats that you can give your body instead of some additional sustained energy.

 - Avocado oil
 - Ghee
 - Butter
 - Lard
 - Tallow
 - Olive oil
 - Macadamia oil
 - Walnut oil
 - Almond oil
 - Canola oil
 - Hazelnut oil
 - Peanut oil
 - Pine nut oil
 - Sunflower oil
 - Marrowfat oil
 - Walnut oil

Nuts

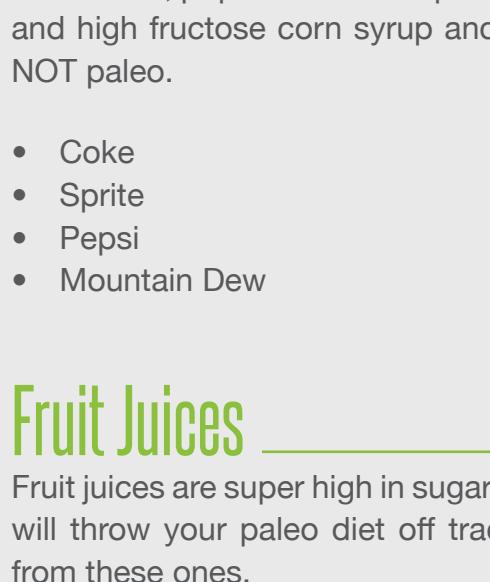
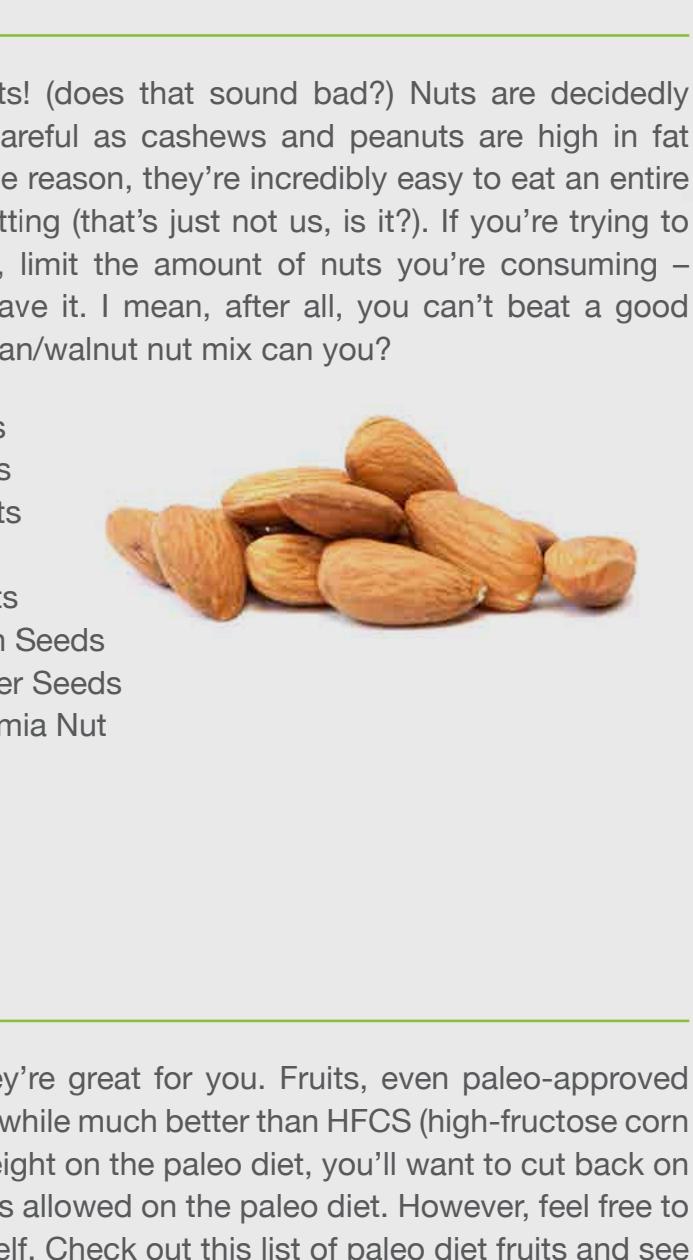
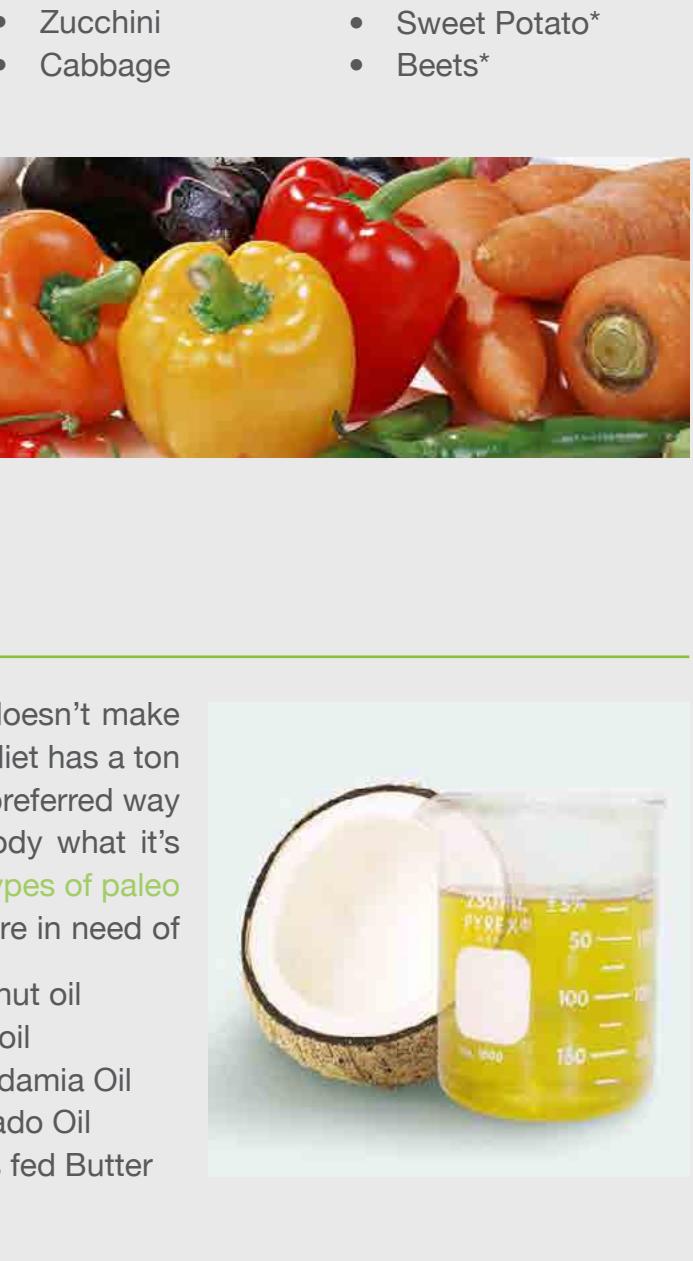
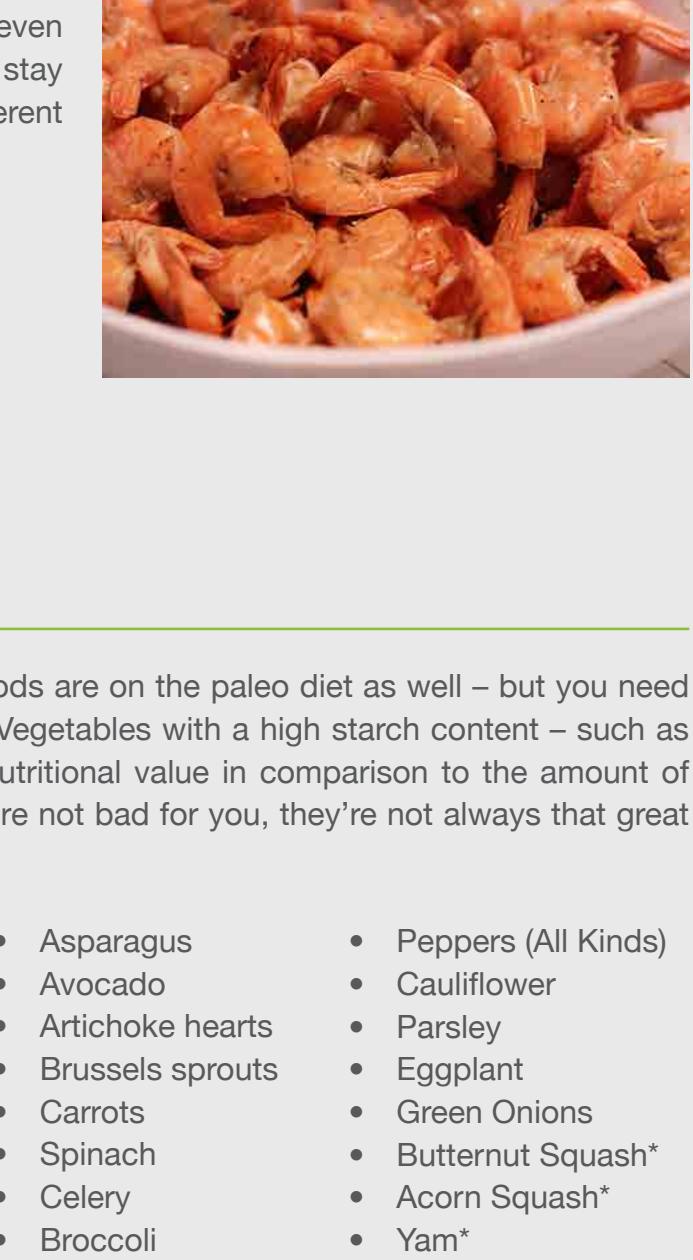
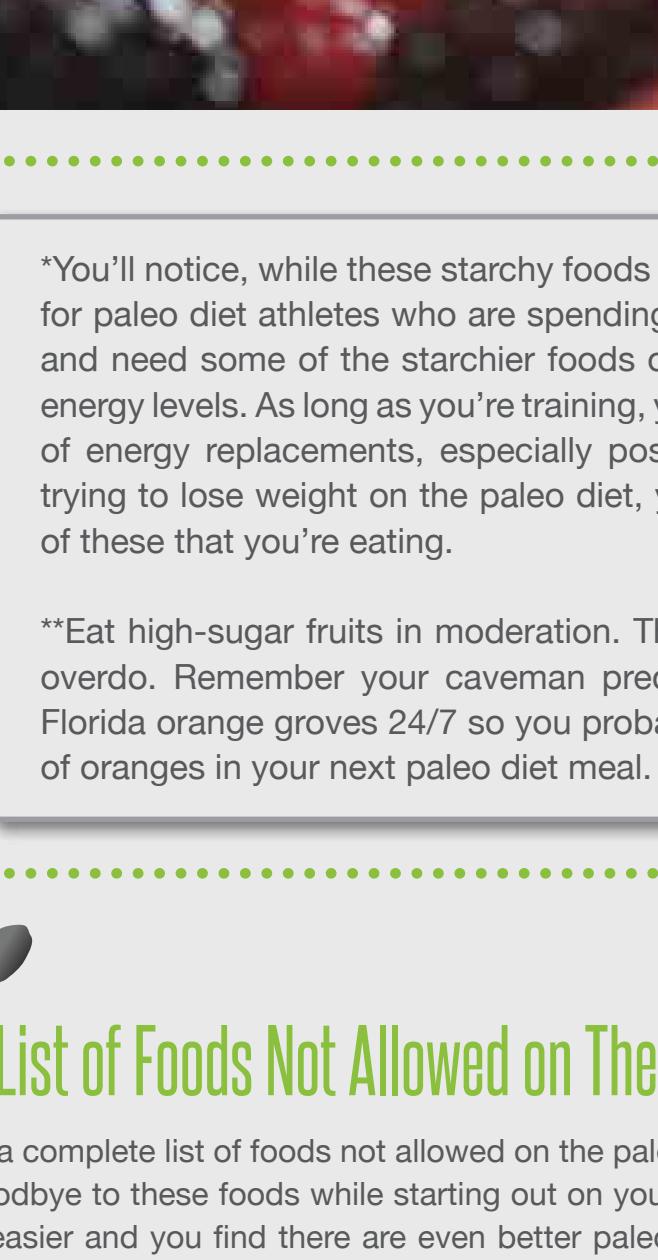
We love paleo. And for a jar in our kitchen, we lose weight otherwise. Almonds, walnuts, hazelnuts, cashews, macadamia nuts, pecans, pine nuts, sunflower seeds, marrowfat, and walnut oil.

 - Almonds
 - Cashews
 - Hazelnuts
 - Pecans
 - Pine nuts
 - Sunflower seeds
 - Macadamia nuts
 - Walnuts

Fruits**

Paleo diet fruits are not only delicious, but they are also healthy ones, contain large amounts of fructose which is just as bad as syrup) – is still sugar. If you're looking to lose weight, reduce the fruit intake and focus more on the vegetables. You can have 1-3 servings of fruit a day and enjoy your meal, but if you're not hungry by the end! (we'll admit it, we do this too).

A close-up, colorful image of various berries including raspberries, blackberries, and a slice of citrus fruit.



apple Juice
orange Juice
rape Juice
strawberry Juice
chinola Juice

A photograph of a cornfield. The plants are tall with long, green leaves and small, yellowish-brown tassels at the top. The sky above is a clear blue with a few wispy white clouds. The perspective is from a low angle, looking up at the plants.

- A close-up photograph of several corn plants. The leaves are long, green, and slightly yellowed at the edges. Some leaves show distinct damage, with irregular holes and edges, characteristic of caterpillar feeding. The plants are growing in a field, with other corn stalks visible in the background.

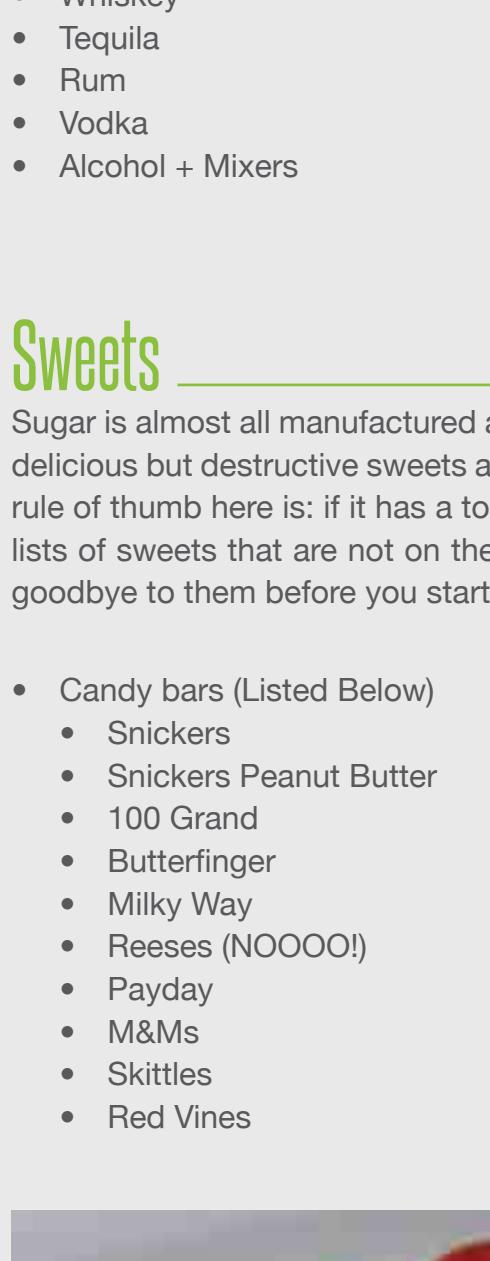
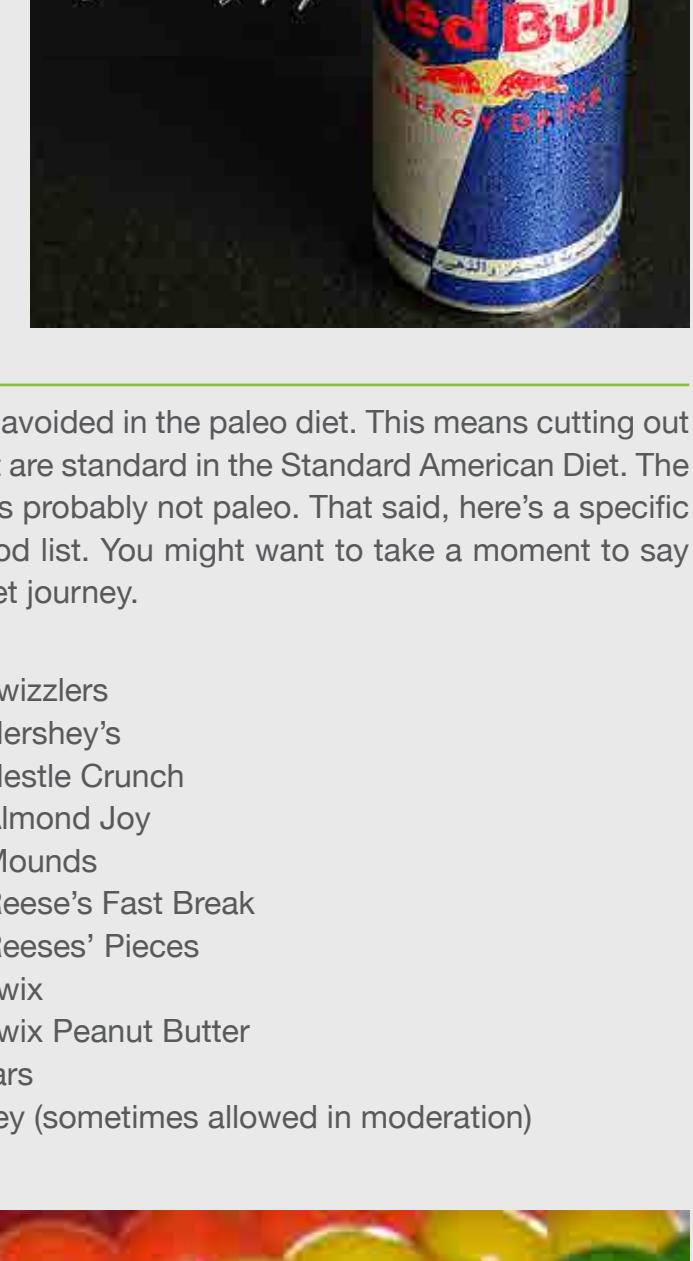
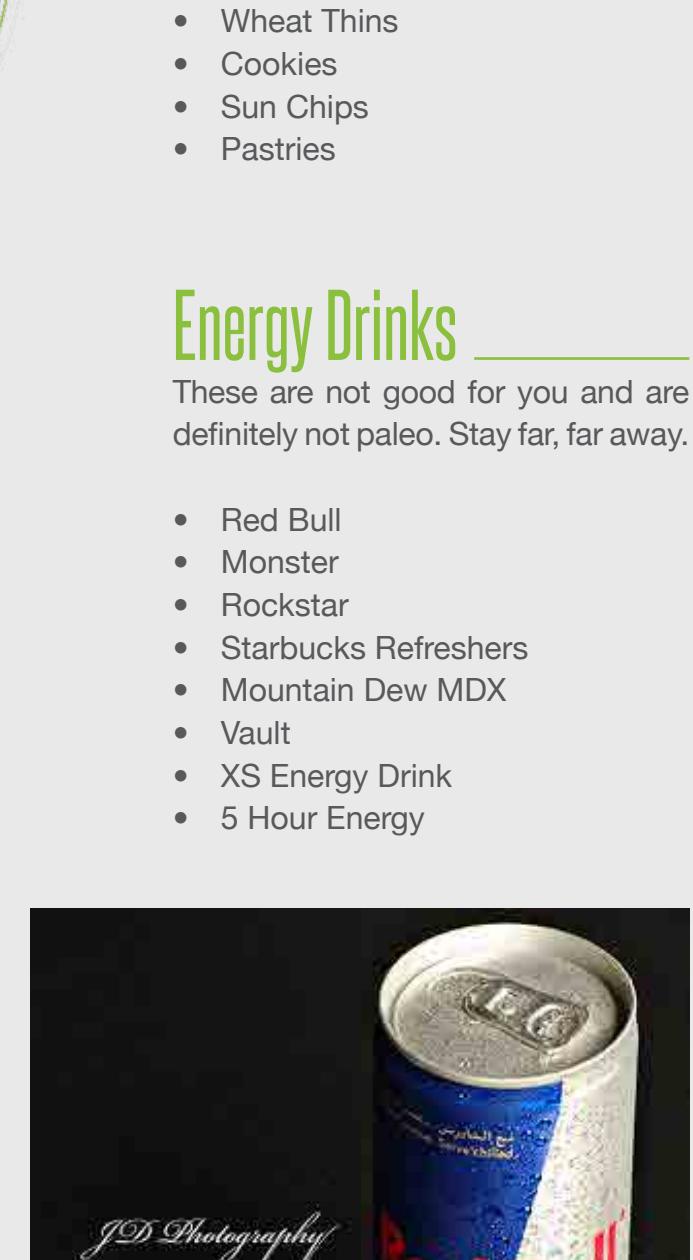
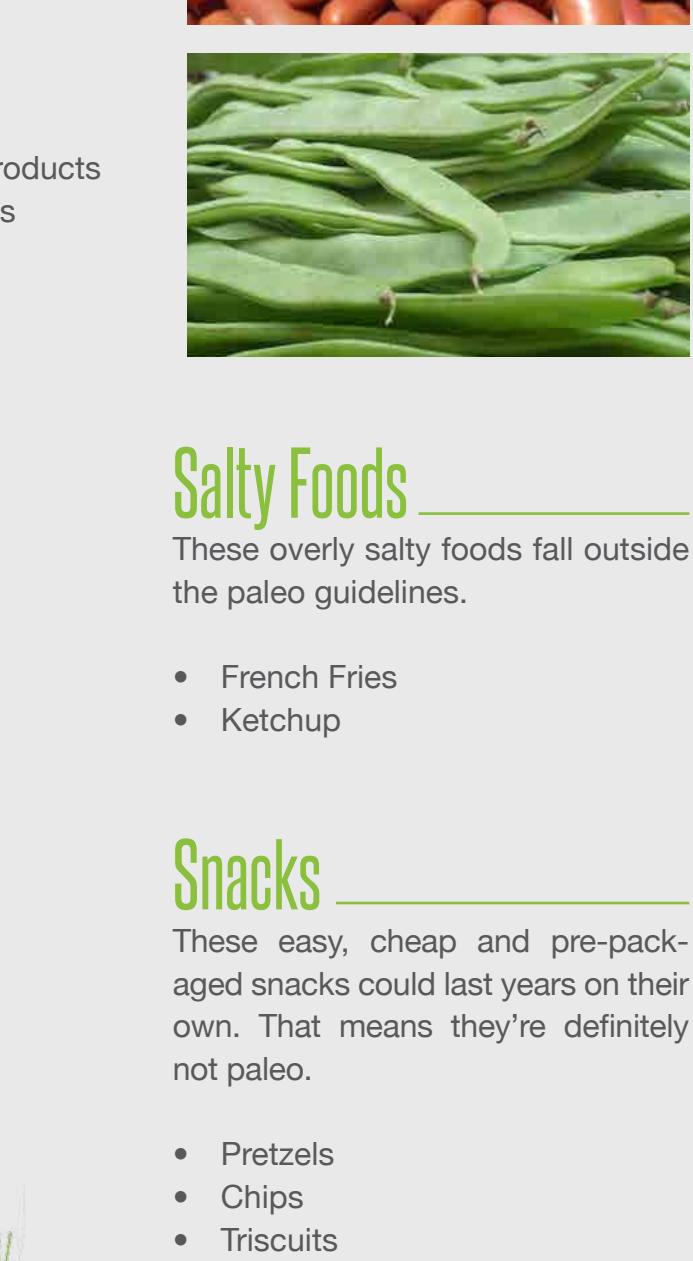
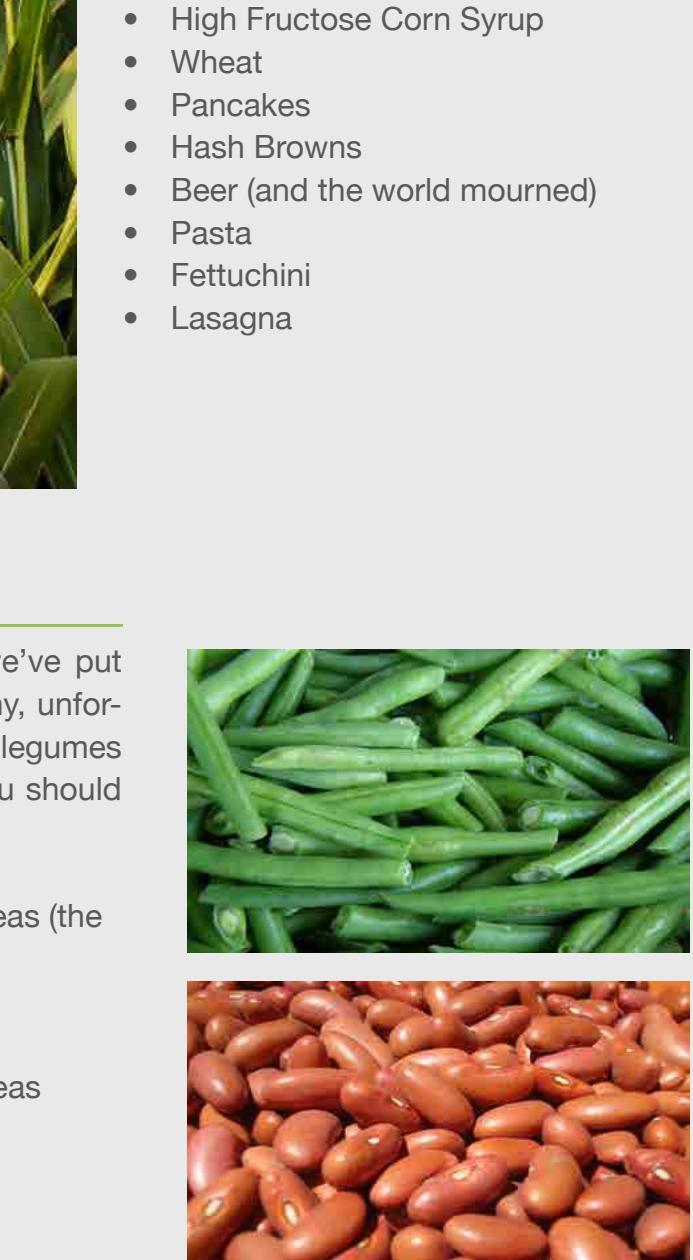
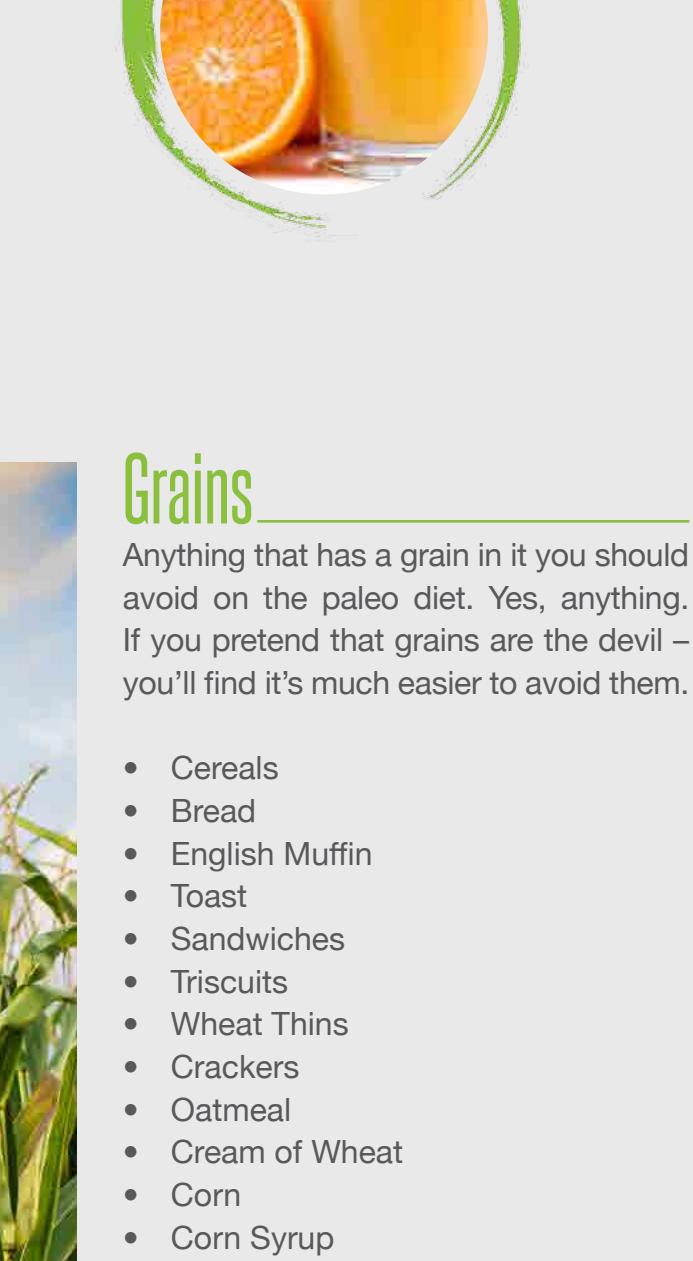


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Another Pint Please... | Micky** | Phú Thịnh Co | JD | Photography | pizzodisevo, on/off via photopin cc