

Here is a list of foods you can consume on 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  
Lean pork (trimmed of visible fat)  
Pork loin  
Pork chops

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

Chicken breast  
Turkey breast  
Game hen breasts

### Eggs

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

Bison (buffalo)  
Caribou  
Elk  
Emu  
Goose  
Kangaroo  
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  
Tuna

## 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  
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  
Encouraged Foods

## 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, and 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)

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 Grain-like 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  
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

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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