

GUIDE TO: PALEO FOODS

eat whole foods, avoid foods that are modern, processed, and refined, eat as closely to nature as possible and avoid foods that cause stress for the body (blood sugar, digestion, psychological). eat nutrient-dense food to maintain energy levels and activity, enjoy your food and hold positive thoughts while you consume it.

MEAT & SEAFOOD

INCLUDING BUT NOT LIMITED TO:

eggs	catfish
beef	carp
bison	clams
boar	grouper
buffalo	halibut
chicken	herring
duck	lobster
game meats	mackerel
goat	mahī mahī
goose	mussels
lamb	oysters
mutton	salmon
ostrich	sardines
pork	scallops
quail	shrimp/prawns
rabbit	snail
squab	snapper
turkey	swordfish
veal	trout
venison	tuna

NUTS & SEEDS

almonds	<i>pine nuts</i>
brazil nuts	pistachios*
chestnuts	pumpkin
hazelnuts	sesame
macadamias	sunflower
pecans	walnuts

FATS & OILS

SEE THE FATS & OILS GUIDE FOR DETAILS

avocado/avocado oil	lard
bacon fat	macadamia nut oil
butter	olive oil
chicken fat/schmaltz	palm oil
coconut oil	tallow
coconut milk	sesame oil
duck fat	walnut oil
ghee	

VEGETABLES & FRUITS

INCLUDING BUT NOT LIMITED TO:

artichoke*	mustard greens	blackberries*
asparagus*	okra*	blueberries^
arugula	onions*	cherries*
bamboo shoots	parsley	cranberries
beets*	parsnip	figs
<i>bok choy</i>	peppers ^	grapefruit
broccoli*	purslane	grapes^
brussels sprouts*	radicchio	guava
cabbage*	radish	kivi
carrots	<i>rapini</i>	lemon
cassava	rutabaga	lime
cauliflower*	seaweed	lychee*
celery^	shallots*	mango*
chard	snap peas	melon
collards^	spinach^	nectarines^
cucumber	squash	oranges
daiikon	sugar snaps	papaya
dandelion*	sunchokes	passionfruit
eggplant*	<i>sweet potato</i>	peaches**
endive	taro	pears*
fennel*	tomatillos	persimmon*
garlic*	tomato	pineapple
green beans	tump greens	plantain
green onions*	turnips	plums*
jicama	watercress	pomegranate
kale^	yam	raspberries
<i>kohlrabi</i>	yucca	rhubarb
leeks*	apples**	star fruit
lettuce^	apricot*	strawberries^
lotus root	avocado*	tangerine
mushrooms*	banana	watermelon*

SUPER FOODS

THESE OFFER THE MOST NUTRITION PER OUNCE

organ meats: liver, kidneys, heart, etc.
sea vegetables: dulse, kelp, seaweed
herbs & spices
bone broth: homemade, not canned or boxed
fermented foods: vegetables, kefir, kombucha
grass-fed butter & ghee

SPICES & HERBS

INCLUDING BUT NOT LIMITED TO:

anise	juniper berry
annatto	kaffir lime leaves
basil	lavender
bay leaf	lemongrass
caraway	lemon verbena
cardamom	licorice
carob	mae
cayenne pepper	marjoram
celery seed	mint
chervil	mustard
chicory*	oregano
chili pepper	paprika
chives	parsley
cilantro	pepper, black
cinnamon	peppermint
clove	rosemary
coriander	saffron
cumin	sage
curry	spearmint
dill	star anise
fennel	tarragon
fenugreek	thyme
galangal	turmeric
garlic	vanilla
ginger	wasabi
horseradish	za'atar

LIQUIDS

almond milk, fresh	herbal tea
coconut milk	mineral water
coconut water	water

NOTES

bold = nightshades

italics = goitrogenic
increased potential by cooking,
increased by fermentation

* = FODMAPs

^ = most important to buy organic

Paleo Quick Reference Guide

M Tight



Paleo Quick Reference Guide:

Adopting the Track of Appearance: An Psychological Symphony within **Paleo Quick Reference Guide**

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