

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
Any other lean cut
Lean pork (trimmed of visible fat)
Pork loin
Pork chops
Any other lean cut

Lean poultry (white meat, skin removed)

Chicken breast
Turkey breast
Game hen breasts

Eggs (limit to six a week)

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

Alligator
Bear
Bison (buffalo)
Caribou
Elk
Emu
Goose
Kangaroo
Muscovy duck
New Zealand cervena deer
Ostrich
Pheasant
Quail
Rattlesnake
Reindeer
Squab
Turtle
Venison
Wild boar
Wild turkey

Fish

Bass
Bluefish
Cod
Drum
Eel
Flatfish
Grouper
Haddock Striped bass
Sunfish
Tilapia
Trout
Tuna
Turbot
Walleye
Any other commercially available fish

Shellfish

Abalone
Clams
Crab
Crayfish
Lobster
Mussels
Oysters
Scallops
Shrimp
Halibut
Herring
Mackerel
Monkfish
Mullet
Northern pike
Orange roughy
Perch
Red snapper
Rockfish
Salmon
Scrod
Shark
Striped bass
Sunfish
Tilapia
Trout
Tuna
Turbot
Walleye
Any other commercially available fish

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 Grainlike 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•
- 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

Soft Drinks and Fruit Juices

All sugary soft drinks
Canned, bottled, and freshly squeezed fruit drinks (which lack the fiber of fresh fruit and have a much higher glycemic index)

Sweets

- Candy
- Honey
- Sugars