

Do you want to try the Paleo or Caveman diet? This comprehensive Paleo Diet Food List will help you learn what foods are allowed on the Paleo diet. You can print or save a copy of this food list and use them the next time you go to the grocery store.

## **Foods that are allowed**

**Meats** - almost all farm and organic meats are Paleo. Stay away from highly-processed meat. Bacon is Paleo.

- Chicken
- Turkey
- Pork
- Beef
- Steak
- Bacon
- Lamb
- Fish
- Seafood
- Goat
- Salmon
- Eggs
- Buffalo
- Bear

**Vegetables** - almost all vegetables are Paleo but try to avoid starchy, carb rich vegetables like potatoes.

- Artichoke
- Arugula
- Asparagus
- Alfalfa
- Beet greens
- Bok choy
- Cabbage
- Carrots
- Celery
- Collard greens
- Kale
- Lettuce
- Okra
- Parsley
- Peppers
- Spinach
- Squashes

## **Oils**

- Coconut oil
- Palm Oil
- Olive Oil
- Nut Oil
- Macademia Oil
- Sunflower Oil

- Almond Oil
- Pecan Oil
- Walnut Oil
- Pistachio Oil
- Pine Nut Oil

## **Nuts**

- Almond
- Pistachio
- Brazil Nuts
- Sunflower seeds
- Chia seeds
- Hazelnuts
- Macademia nuts
- Chestnuts
- Cashew nuts
- Pumpkin seeds
- Pecans

## **Fruits**

- Apples
- Banana
- Orange
- All types of berries (Strawberry, Blueberry, Blackberry)
- Grapes
- Pineapple
- Mango
- Peach
- Coconut
- Lemon
- Lime
- Lychee
- Figs
- Dates
- Olives
- Plums
- Nectarines
- Cherries

## **Foods that are not allowed**

### **Dairy**

- Butter
- Cheese
- Skim milk
- Powdered milk
- Processed foods
- Yogurt
- Ice cream
- Cake

### **Carbonated Drinks**

- Soda
- Diet Soda
- Any brand of Carbonated Soda Drinks

### **Artificial Fruit Drinks**

- Artificial Orange Juice
- Artificial Fruit Drinks

### **All types of Grain**

- Cereals
- Wheat
- Bread
- Loaf
- Bagel
- Oatmeal
- Corn
- Crackers

### **All Legumes** - these are not Paleo

- All types of beans (Pinto beans, Black beans, Red beans, Garbanzo beans, Kidney beans)
- Peas
- Peanuts
- Lentils
- Lupins
- Soybeans

### **Fatty Meats**

- Spam
- Sausages
- Low quality meats

### **Sugar** - highly refined sugar is mostly not Paleo.

- Chocolate bars
- Candy
- Lollipop