



Paleo Diet Foods

Submitted by Pam Shull

Acceptable Foods which follow our model:

Vegetables, some Fruits, Lean Meats, Nuts and Seeds, little Starch, and NO Sugar

Beef

- Flank steak
- Top sirloin steak
- Hamburger
- London broil
- Chuck steak
- Lean veal

Pork

- Pork loin
- Pork chops
- Bacon

Poultry

- Chicken breast, thigh, wing, etc.
- 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 port marrow
- Beef, lamb, and pork “sweetbreads”

Game Meats

- Venison
- Squab
- Alligator
- Bison
- And many others, such as Kangaroo, Wild Boar, Ostrich....(*you know, the meats readily available at Publix, ha, ha*)



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(cont. Acceptable Foods):

Fish

- Bass, perch, bluefish, red snapper, cod, rockfish, drum, salmon, eel, scrod, flatfish, shark, grouper, haddock, halibut, herring, mackerel, monkfish, mullet, northern pike, orange roughy, striped bass, sunfish, tilapia, trout, tuna, turbot, walleye, etc.

Shellfish

- Abalone, clams, crab, crayfish, lobster, mussels, oysters, scallops, shrimp

Fruits: *(Dried fruit should be eaten only in small amounts because it can produce a high glycemic load – causing a rapid increase in the blood glucose level – particularly when you eat too much of it.)*

- 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, start fruit, strawberries, tangerine, watermelon, all other fruits

Vegetables: *(All, except for starchy tubers like potatoes)*

- 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, turnip greens, turnips, watercress
- Sweet Potatoes and Yams in Moderation, see “little starch”

Nuts and Seeds: *(Peanuts are legumes, not nuts, and are not on the list)*

- Almonds, brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios (unsalted), pumpkin seeds, sesame seeds, sunflower seeds, walnuts
- All uncooked and raw, except for those which are unsafe uncooked such as cashews?



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Fats, (see 10 Oils handout)

Oils:

- Olive, avocado, walnut, flaxseed, coconut, tallow, lard

Beverages (the thing to remember about wine and alcohol is that it counts as a carb and can often contain lots of sugar SO be careful and enjoy in moderation)

- Coffee
- Tea
- Wine (one- 4-ounce glasses)
- Spirits (2 ounces)



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Foods You Should Avoid

Just because these foods are not part of the diet, you don't have to banish them from your life forever. But you should try to avoid them most of the time. If you must use dairy, it should be whole fat and from organic grass fed cows ☺mooo!!

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, you get the idea. Unless of course you are a calf.

Cereal Grains

- Barley, corn, millet, oats, rice, rye, sorghum, wheat, wild rice

Cereal Grain-like Seeds: (amaranth, buckwheat, quinoa)

Legumes

- All beans (i.e. black beans, garbanzo beans, lima beans, etc)
- Black-eyed peas
- Chickpeas, lentils, peas, miso, peanut butter, peanuts, snowpeas, sugar snap peas, soybeans and all soybean products, including tofu

Starchy Vegetables

- Potatoes and potato products, tapioca pudding

Salt-Containing Foods:

- Salad dressings, smoked fish, canned meats or fish unless they are unsalted or unless you soak and drain them, deli meats, olives, ketchup, sausages, frankfurters, etc. This is kind of a gray area. Although deli meats are typically high in sodium, they are great when ur on-the-go and protein is scarce, stick with the lower sodium variety turkey from the deli, some will say "gluten free" right on the label. We'd rather you occasionally eat low sodium deli meat than risk becoming metabolically deranged.

Soft Drinks and Fruit Juices – the trouble w. fruit juices is that they are high in sugar, so be careful. If you must, mix with CLUB SODA (not tonic)

Sweets