

**PRIMALHEALTHYFIT.COM \* PALEO DIET FOOD LIST**

<b>Category</b>	<b>Food</b>	<b>Examples</b>
<b>What you CAN eat</b>	<b>Lean meats</b>	Beef: no visible fat Pork: no visible fat Poultry: white meat, no skin Eggs: 6-12/week Organ meats Exotic game meat Fish Shellfish
	<b>Fruits</b>	All, in season is best
	<b>Vegetables</b>	All, except starchy tubers listed in NO section below
	<b>Seeds &amp; Nuts</b>	All seeds & nuts Cashews must be roasted (uncooked contain harmful chemical) Walnuts (great Omega-3 content)
<b>What you can eat SOME of</b>	<b>Dried fruit</b>	
	<b>Oils (&lt; 4 tbsp/day)</b>	Olive oil Avocado oil Walnut oil Flaxseed oil
	<b>Specific beverages:</b>	Tea Wine Beer* Spirits Black coffee*
<b>What you can NOT eat</b>	<b>Grains</b>	Wheat (anything made with flour) Barley Oats Millet Rice Rye Sorghum Wild rice CORN!

	<b>Grain imitators</b>	Quinoa Amaranth Buckwheat
	<b>Dairy products</b>	Milk Cheese Yogurt Frozen Yogurt Ice cream Butter Most salad dressings
	<b>Legumes</b>	All beans including green beans Peanuts and peanut products Soy beans and soy products Peas of all kinds
	<b>Refined sugars</b>	Cane sugar Equal Sweet & Low All other artificial sweeteners Honey
	<b>Vegetable oils &amp; corn starch</b>	Canola oil Crisco Corn starch
	<b>Fatty/Salty Meats</b>	Bacon Hot dogs Salami Sausage Smoked, dried, and salted fish/meat Canned meats Pepperoni Chicken wings
	<b>Starchy tubers</b>	Potatoes Sweet potatoes Yams Cassava root Tapioca pudding

\*Leeway is given with things like black coffee, beer, and spirits, so you are less likely to say something like “no chocolate? EVER? No way, I’m not even gonna try it.” However, if you want to be strictly paleo, they are not allowed (beer contains gluten, coffee comes from a legume, and our ancestors did not have alcohol).