## Paleo Diet Food List

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Instructions: Place a checkmark next to the food items you want to include.

## Vegetables

Celery
Tomatoes
Bell peppers
Onions
Leeks
KohlrabiGreen onionsEggplantsCauliflowerBroccoli
AsparagusCucumber
CabbageBrussels sproutsArtichokesOkraAvocadosLettuceSpinachCollard greens

## Fruits

Bananas
Apples
Oranges
, Berries (strawberry, cranberry, blueberry, blackberry, raspberry)

Plantains
$\square$ Grapefruit
Pears
$\square$ PeachesNectarinesPlums
$\square$ Pomegranates
, Pineapple
PapayaGrapes
CantaloupeCherries
$\square$ Apricot
v Watermelon
v Honeydew melon
$\square$ Kiwi

Kale
Beet top
Mustard greens
Dandelion
Swiss chard
$\square$ Watercress
v Turnip greensSeaweeds
Endive
Arugula (rocket)
Bok choy
Rapini
ChicoryRadicchio
$\checkmark$ Carrots
$\square$ Beets
$\checkmark$ TurnipsParsnipsRutabagaSweet potatoesRadishJerusalem artichokes
$\square$ YamsCassava
$\square$ Winter squash (butternut, spaghetti, acorn, pumpkin, buttercup)

Summer squash (zucchini, yellow summer squash, yellow crookneck squash)

Lemon
LimeLychee
v Mango
$\square$ Tangerine

- Coconut

Figs
Dates

- Olives

Passion fruitPersimmon

## Eggs

v Chicken eggs
Duck eggs
Goose eggs
(v) Quail eggs

## Mushrooms

Button mushroom
PortabelloOyster mushroomShiitake
ChanterelleCriminiPorcini

| Meat and Game | Fish and Seafood | Oils and Fats |
| :---: | :---: | :---: |
| v Beef | $\checkmark$ Salmon | $\checkmark$ Avocados |
| (v) Pork | - Tuna | $\checkmark$ Avocado oil |
| $\square$ Lamb | $\square$ Trout | $\checkmark$ Olive oil |
| $\square$ Veal | $\square$ Bass | $\checkmark$ Coconut oil |
| $\square$ Rabbit | $\square$ Halibut | $\square$ Butter |
| $\square$ Goat | $\square$ Sole | $\square$ Clarified butter (ghee) |
| $\square$ Sheep | $\square$ Haddock | $\square$ Lard |
| $\square$ Bison | $\square$ Turbot | $\square$ Tallow |
| $\square$ Wild boar | $\square$ Walleye | $\square$ Duck fat |
| $\square$ Deer | v Tilapia | $\square$ Veal fat |
| $\square$ Pheasant | v Cod | $\square$ Lamb fat |
| $\square$ Bear | $\square$ Flatfish | Fatty fishes (sardines, mackerel, salmon) |
| $\square$ Moose | $\square$ Grouper | $\square$ Nut butters |
| $\square$ Woodcock | $\square$ Mackerel | $\square$ Nut oils (walnut, |
| $\square$ Elk | $\square$ Anchovy | macadamia) |
| $\square$ Duck | $\square$ Herring | v Coconut flesh |
| v Chicken | v Catfish | v Coconut milk |
| $\square$ Turkey | $\square$ Crab |  |
| $\square$ Quail | $\square$ Lobster |  |
| $\square$ Goose | $\square$ Shrimp |  |
|  | $\square$ Scallops |  |
|  | $\square$ Clams |  |
|  | $\square$ Oysters |  |
|  | $\square$ Mussels |  |


| Nuts and Seeds | Fresh and Dried Herbs | Spices and Others |
| :---: | :---: | :---: |
| ( Pistachios | v Parsley | $\checkmark$ Ginger |
| $\square$ Brazil nuts | , Thyme | v Garlic |
| $\square$ Sunflower seeds | v Lavender | $\square$ Onions |
| $\square$ Sesame seeds | v Mint | $\square$ Black pepper |
| $\checkmark$ Chia seeds | v Basil | $\square$ Hot peppers |
| $\square$ Flax seeds | , Rosemary | $\square$ Star anise |
| $\square$ Pumpkin seeds (pepitas) | v Chives | $\square$ Fennel seeds |
| $\checkmark$ Pecans | - Tarragon | $\square$ Mustard seeds |
| - Walnuts | v Oregano | $\square$ Cayenne pepper |
| v Pine nuts | (v) Sage | $\square$ Cumin |
| $\square$ Macadamia nuts | - Dill | v Turmeric |
| $\square$ Chestnuts | v Bay leaves | (v) Cinnamon |
| $\square$ Cashews | - Coriander | $\square$ Nutmeg |
| $\checkmark$ Almonds |  | (v) Paprika |
| $\square$ Hazelnuts |  | - Vanilla |
|  |  | $\square$ Cloves |
|  |  | v Chilies |
|  |  | $\square$ Horseradish |

## Foods That Often Raise

 QuestionsHoneyMaple syrup, Potatoes
$\checkmark$ Tea

Foods to Avoid

Grains (wheat, corn, barley, rye, oats, brown rice, millet, spelt, bulgur, couscous...)

Gray Area Foods

Dairy (cheese, heavy cream, and/or yogurt)

Starchy vegetables and high-sugar fruits (in moderation)

Butter
DairyVinegar
Cured meat
SausagesChocolate
$\checkmark$
Coffee
, Alcohol

Legumes (soybeans, lentils, pinto beans, red beans, peanuts, chickpeas, kidney beans...)
v Added sugar (sodas, baked goods, pastries, fruit juices, cane juice, cane sugar, high-fructose corn syrup, agave, aspartame...)
v Vegetable seed oils (soybean oil, peanut oil, corn oil, canola oil, margarine, sunflower oil, safflower oil, cottonseed oil...)
v Processed foods (most commercially packaged foods)

Dairy (milk, cheese, yogurt, ice cream...)

Alcohol (best to avoid, but some options like glutenfree hard ciders and red wine are accepted in moderation)

## Allergies:

None

## Additional Notes:

- There is a need to avoid dairy, grains, legumes, processed foods, added sugar, and certain oils, as per the Paleo diet guidelines.
- You can check off a bunch of choices like celery, tomatoes, bell peppers, onions, cauliflower, broccoli, spinach, kale, carrots, and more. This depend on your preferences and what is available.

