

Paleo Diet Food List

Name: _____ Date: _____

Email: _____

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

Vegetables	Fruits
<input type="checkbox"/> Celery	<input type="checkbox"/> Bananas
<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Apples
<input type="checkbox"/> Bell peppers	<input type="checkbox"/> Oranges
<input type="checkbox"/> Onions	<input type="checkbox"/> Berries (strawberry, cranberry, blueberry, blackberry, raspberry)
<input type="checkbox"/> Leeks	<input type="checkbox"/> Plantains
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Green onions	<input type="checkbox"/> Pears
<input type="checkbox"/> Eggplants	<input type="checkbox"/> Peaches
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Plums
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Pomegranates
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Papaya
<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Grapes
<input type="checkbox"/> Artichokes	<input type="checkbox"/> Cantaloupe
<input type="checkbox"/> Okra	<input type="checkbox"/> Cherries
<input type="checkbox"/> Avocados	<input type="checkbox"/> Apricot
<input type="checkbox"/> Lettuce	<input type="checkbox"/> Watermelon
<input type="checkbox"/> Spinach	<input type="checkbox"/> Honeydew melon
<input type="checkbox"/> Collard greens	<input type="checkbox"/> Kiwi

- Kale
- Beet top
- Mustard greens
- Dandelion
- Swiss chard
- Watercress
- Turnip greens
- Seaweeds
- Endive
- Arugula (rocket)
- Bok choy

- Rapini
- Chicory
- Radicchio
- Carrots
- Beets
- Turnips
- Parsnips
- Rutabaga
- Sweet potatoes
- Radish
- Jerusalem artichokes

- Yams
- Cassava
- Winter squash (butternut, spaghetti, acorn, pumpkin, buttercup)
- Summer squash (zucchini, yellow summer squash, yellow crookneck squash)

- Lemon
- Lime
- Lychee
- Mango
- Tangerine
- Coconut
- Figs
- Dates
- Olives
- Passion fruit
- Persimmon

Eggs

- Chicken eggs
- Duck eggs
- Goose eggs
- Quail eggs

Mushrooms

- Button mushroom
- Portabello
- Oyster mushroom
- Shiitake
- Chanterelle
- Crimini
- Porcini
- Morel

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

Nuts and Seeds	Fresh and Dried Herbs	Spices and Others
<input type="checkbox"/> Pistachios <input type="checkbox"/> Brazil nuts <input type="checkbox"/> Sunflower seeds <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Chia seeds <input type="checkbox"/> Flax seeds <input type="checkbox"/> Pumpkin seeds (pepitas) <input type="checkbox"/> Pecans <input type="checkbox"/> Walnuts <input type="checkbox"/> Pine nuts <input type="checkbox"/> Macadamia nuts <input type="checkbox"/> Chestnuts <input type="checkbox"/> Cashews <input type="checkbox"/> Almonds <input type="checkbox"/> Hazelnuts	<input type="checkbox"/> Parsley <input type="checkbox"/> Thyme <input type="checkbox"/> Lavender <input type="checkbox"/> Mint <input type="checkbox"/> Basil <input type="checkbox"/> Rosemary <input type="checkbox"/> Chives <input type="checkbox"/> Tarragon <input type="checkbox"/> Oregano <input type="checkbox"/> Sage <input type="checkbox"/> Dill <input type="checkbox"/> Bay leaves <input type="checkbox"/> Coriander	<input type="checkbox"/> Ginger <input type="checkbox"/> Garlic <input type="checkbox"/> Onions <input type="checkbox"/> Black pepper <input type="checkbox"/> Hot peppers <input type="checkbox"/> Star anise <input type="checkbox"/> Fennel seeds <input type="checkbox"/> Mustard seeds <input type="checkbox"/> Cayenne pepper <input type="checkbox"/> Cumin <input type="checkbox"/> Turmeric <input type="checkbox"/> Cinnamon <input type="checkbox"/> Nutmeg <input type="checkbox"/> Paprika <input type="checkbox"/> Vanilla <input type="checkbox"/> Cloves <input type="checkbox"/> Chilies <input type="checkbox"/> Horseradish

Foods That Often Raise Questions	Foods to Avoid	Gray Area Foods
<input type="checkbox"/> Honey <input type="checkbox"/> Maple syrup <input type="checkbox"/> Potatoes <input type="checkbox"/> Tea	<input type="checkbox"/> Grains (wheat, corn, barley, rye, oats, brown rice, millet, spelt, bulgur, couscous...)	<input type="checkbox"/> Dairy (cheese, heavy cream, and/or yogurt) <input type="checkbox"/> Starchy vegetables and high-sugar fruits (in moderation)

Butter

Dairy

Vinegar

Cured meat

Sausages

Chocolate

Coffee

Alcohol

Legumes (soybeans, lentils, pinto beans, red beans, peanuts, chickpeas, kidney beans...)

Added sugar (sodas, baked goods, pastries, fruit juices, cane juice, cane sugar, high-fructose corn syrup, agave, aspartame...)

Vegetable seed oils (soybean oil, peanut oil, corn oil, canola oil, margarine, sunflower oil, safflower oil, cottonseed oil...)

Processed foods (most commercially packaged foods)

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

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

Allergies:

Additional Notes: