Paleo Diet Food List

Name:	Date:
Email:	

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

Vegetables	Fruits
3	
☐ Celery	Bananas
☐ Tomatoes	Apples
☐ Bell peppers	Oranges
Onions	 Berries (strawberry, cranberry, blueberry, blackberry, raspberry)
Leeks	□ Plantains
☐ Kohlrabi	☐ Grapefruit
☐ Green onions	Pears
Eggplants	Peaches
Cauliflower	□ Nectarines
☐ Broccoli	□ Plums
Asparagus	Pomegranates
Cucumber	Pineapple
Cabbage	Papaya
□ Brussels sprouts	☐ Grapes
Artichokes	□ Cantaloupe
□ Okra	□ Cherries
Avocados	Apricot
_ Lettuce	□ Watermelon
☐ Spinach	☐ Honeydew melon
□ Collard greens	□ Kiwi

☐ Kale	_ Lemon
□ Beet top	□ Lime
☐ Mustard greens	Lychee
Dandelion	☐ Mango
☐ Swiss chard	☐ Tangerine
─ Watercress	□ Coconut
Turnip greens	□ Figs
Seaweeds	Dates
Endive	□ Olives
Arugula (rocket)	□ Passion fruit
☐ Bok choy	Persimmon
□ Rapini	Para
Chicory	Eggs
Radicchio	☐ Chicken eggs
Carrots	□ Duck eggs
Beets	☐ Goose eggs
Turnips	☐ Quail eggs
Parsnips	Mushrooms
☐ Rutabaga	Musiliodilis
Sweet potatoes	☐ Button mushroom
Radish	□ Portabello
Jerusalem artichokes	Oyster mushroom
☐ Yams	☐ Shiitake
Cassava	☐ Chanterelle
Winter squash (butternut,	☐ Crimini
spaghetti, acorn, pumpkin, buttercup)	□ Porcini
 Summer squash (zucchini, yellow summer squash, 	□ Morel
yellow crookneck squash)	
yellow crookileck squasily	

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

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

Foods That Often Raise Questions	Foods to Avoid	Gray Area Foods
HoneyMaple syrupPotatoesTea	Grains (wheat, corn, barley, rye, oats, brown rice, millet, spelt, bulgur, couscous)	Dairy (cheese, heavy cream, and/or yogurt)Starchy vegetables and high-sugar fruits (in moderation)

ButterDairyVinegar	 Legumes (soybeans, lentils, pinto beans, red beans, peanuts, chickpeas, kidney beans) 	 Alcohol (best to avoid, but some options like gluten- free hard ciders and red wine are accepted in moderation)
Cured meat Sausages Chocolate Coffee Alcohol	 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) 	
Allergies:		
Additional Notes:		