

from the book **PRACTICAL PALEO**
guide to: paleo foods

Eat whole foods. Avoid foods that are modern, processed, and refined. Eat as close to nature as possible, and avoid foods that cause stress for the body (blood sugar, digestion, etc.). Eat nutrient-dense foods to maintain energy levels. Enjoy your food, and hold positive thoughts while you consume it.

meat, seafood & eggs

INCLUDING BUT NOT LIMITED TO:

- Beef
- Bison
- Boar
- Buffalo
- Chicken
- Duck
- Eggs
- Game meats
- Goat
- Goose
- Lamb
- Mutton
- Ostrich
- Pork
- Quail
- Rabbit
- Squab
- Turkey
- Veal
- Venison
- Catfish
- Carp
- Clams
- Grouper
- Halibut
- Herring
- Lobster
- Mackerel
- Mahi mahi
- Mussels
- Oysters
- Salmon
- Sardines
- Scallops
- Shrimp
- Prawns
- Snails
- Snapper
- Swordfish
- Trout
- Tuna

fats & oils

- Avocado oil
- Bacon fat/lard
- Butter
- Coconut milk
- Coconut oil
- Duck fat
- Ghee
- Macadamia oil
- Olive oil: CP
- Palm oil
- Schmaltz
- Sesame oil: CP
- Suet
- Tallow
- Walnut oil

nuts & seeds

- Almonds
- Brazil nuts
- Chestnuts
- Hazelnuts
- Macadamia
- Pecans
- Pine nuts
- Pistachios*
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

liquids

- Almond Milk, fresh
- Coconut Milk
- Coconut water
- Herbal tea
- Mineral water
- Water

superfoods

GRASS-FED DAIRY:

- butter, ghee,

ORGAN MEATS:

- Liver, kidneys, heart, etc.

SEA VEGETABLES:

- Dulse, kelp, seaweed
- Herbs & spices

BONE BROTH:

- Homemade, not canned or boxed

FERMENTED FOODS:

- *Sauerkraut*, carrots, beets, high-quality yogurt, kefir, kombucha

NOTES

CP = cold-pressed
Bold = nightshades
Italics = goitrogenic

* = FODMAPs (p. 115)
^ = buy organic

vegetables

INCLUDING BUT NOT LIMITED TO:

- Artichokes*
- Asparagus*
- Arugula
- Bamboo shoots
- Beets*
- Bok choy
- Broccoli*
- Brussels sprouts*
- Cabbage*
- Carrots
- Cassava
- Cauliflower*
- Celery^
- Chard
- Collard greens^
- Cucumbers
- Daikon
- Dandelion greens*
- Eggplant*
- Endive
- Fennel*
- Garlic*
- Green beans
- Green onions*
- Jicama*
- Kale^
- Kohlrabi
- Leeks*
- Lettuce^
- Lotus roots
- Mushrooms*
- Mustard greens*
- Okra*
- Onions*
- Parsley
- Parsnips
- Peppers**
- Purslane
- Radicchio
- Radishes
- Rapini
- Rutabagas
- Seaweed
- Shallots*
- Snap peas
- Spinach^
- Squash
- Sugar snaps
- Sunchokes*
- Sweet potatoes
- Taro
- Tomatillos
- Tomatoes
- Turnip greens
- Turnips
- Watercress
- Yams
- Yuccas

fruits

INCLUDING BUT NOT LIMITED TO

- Apples*^
- Apricots*
- Avocados*
- Bananas
- Blackberries*
- Blueberries^
- Cherries*
- Cranberries
- Figs*
- Grapefruit
- Grapes^
- Guavas
- Kiwis
- Lemons
- Limes
- Lychees*
- Mangoes*
- Melons
- Nectarines*^
- Oranges
- Papayas
- Passionfruit
- Peaches**
- Pears*
- Persimmons*
- Pineapples
- Plantains
- Plums*
- Pomegranates
- Raspberries
- Rhubarb
- Star fruit
- Strawberries^
- Tangerines
- Watermelon*

herbs & spices

INCLUDING BUT NOT LIMITED TO

- Anise
- Annatto
- Basil
- Bay leaf
- Caraway
- Cardamom
- Carob
- **Cayenne pepper**
- Celery seed
- Chervil
- Chicory*
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Curry
- Dill
- Fennel*
- Fenugreek
- Galangal
- Garlic
- Ginger
- Horseradish*
- Juniper berry
- Kaffir lime leaves
- Lavender
- Lemongrass
- Lemon verbena
- Licorice
- Mace
- Marjoram
- Mint
- Mustard
- Oregano
- **Paprika**
- Parsley
- Pepper, black
- Peppermint
- Rosemary
- Saffron
- Spearmint
- Star anise
- Tarragon
- Thyme
- Turmeric
- Vanilla
- *Wasabi**
- Za'atar