

Paleo Diet Food List

EAT

- Eggs
- Fish/Seafood
- Fresh Vegetables
- Fresh Fruits
- Grass-fed Meats
- Nuts
- Seeds
- Healthy Oils

DON'T EAT

- Potatoes
- Processed Foods
- Junk Foods
- Candy
- Overly Salted Foods
- Legumes
- Cereal Grains
- Refined Sugar
- Dairy



Paleo Diet Food List

Paleo Diet Meat and Egg

Buffalo/Bison

Beef

Chicken

Eggs

Lamb

Ostrich

Pork

Turkey

Elk

Emu

Goat

Goose

Quail

Rattlesnake

Turtle

Pheasants



Paleo Diet Food List

Paleo Diet Fish

- | | | | |
|--------------------------|-----------|--------------------------|-------------|
| <input type="checkbox"/> | Bass | <input type="checkbox"/> | Red Snapper |
| <input type="checkbox"/> | Halibut | <input type="checkbox"/> | Shark |
| <input type="checkbox"/> | Mackerel | <input type="checkbox"/> | Sunfish |
| <input type="checkbox"/> | Salmon | <input type="checkbox"/> | Walleye |
| <input type="checkbox"/> | Swordfish | | |
| <input type="checkbox"/> | Tilapia | | |
| <input type="checkbox"/> | Trout | | |
| <input type="checkbox"/> | Tuna | | |



Paleo Diet Food List

Paleo Diet Seafood

- Clams
- Lobster
- Scallops
- Oysters
- Shrimp



Paleo Diet Food List

Paleo Diet Vegetables

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Beets |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Artichoke, |
| <input type="checkbox"/> Green Onions | <input type="checkbox"/> Romaine Lettuce |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Celery |



Paleo Diet Food List

Paleo Diet Fruits

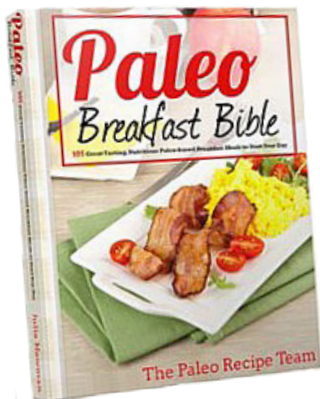
- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Beets |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Artichoke, |
| <input type="checkbox"/> Green Onions | <input type="checkbox"/> Romaine Lettuce |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Celery |



Other Helpful Guides

Paleo Breakfast Bible

You DON'T have to be a gourmet master chef to make the most wonderfully delicious breakfast... We have developed every recipe, for anyone, even if boiling water is a challenge.



You can make the most tastebud-tingling meals. And if you're in a rush? It's no problem. Let's face it, morning can be a crazy time of the day... you gotta get ready for the day, fed and out of the house in the quickest time possible.

Yet with the Paleo Breakfast Bible you'll see ALL of the meals can be put together in MINUTES. **No stress, no fuss, no hassle... just lip-smacking meals in minutes.**

Get it Here



Other Helpful Guides

Paleo Eats

Sometimes you want a recipe that looks like it came straight from a restaurant's kitchen. Other nights, a meal you can just throw together between work and soccer practice fits the bill.

Inside this book you will find 80 gourmet recipes that are carefully prepared by an experienced, professional Le Cordon Bleu-trained chef. (In the field of gastronomy, that's a big pretty deal. Le Cordon Bleu is a very prestigious school, renowned for providing the highest level of culinary education in the world.)



Paleo Eats is written for the Paleo person looking for more than the usual (i.e. boring) Beef and Steamed Broccoli

Get it Here



Other Helpful Guides

Paleo Cookbook

The PaleoHacks Cookbook is for **ANYONE** Serious About **THRIVING** on the Paleo Diet – For Life!



Yes, the recipes in this book are universally healthy, whether you're a stay-at-home Mom, an elite athlete or a busy executive. Remember: when you consume foods that we as humans have evolved to eat, and you cut out the "modern" foods that don't mix with our genes and DNA...

You trigger a wave of rejuvenation throughout your body one that's visible on your midsection, your muscle tone, skin, hair, face and much more. This is just one reason why so many people from all walks of life are turning to the Paleo diet because it produces results without the oppressive, tasteless foods and portion or calorie control you find on most diets.

Get it Here

