

Encouraged Meats

Meats

- Beef
- Flank steak
- Top sirloin steak
- Extra-lean hamburger
- London broil
- Chuck steak
- Lean veal
- Lean pork
- Pork loin
- Pork chops
- Chicken
- Turkey
- Any other lean cut

Organ meats

- Beef, lamb, pork, and chicken livers
- Beef, pork, and lamb tongues
- Beef, lamb, and pork marrow
- Beef, lamb, and pork "sweetbreads"

Game meat

- Alligator
- Bear
- Bison (buffalo)
- Caribou
- Elk
- Emu
- Goat
- Goose
- Kangaroo
- Muscovy duck
- New Zealand cervena deer
- Ostrich
- Pheasant
- Quail
- Rabbit
- Rattlesnake
- Reindeer
- Squab
- Turtle
- Venison
- Wild boar
- Wild turkey

Eggs

- Chicken
- Duck
- Goose

Fish / Seafood

- Bass
- Bluefish
- Cod
- Drum
- Eel
- Flatfish
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Monkfish
- Mullet
- Northern pike
- Orange roughy
- Perch
- Red snapper
- Rockfish
- Salmon
- Scrod
- Shark
- Striped bass
- Sunfish
- Tilapia
- Trout
- Tuna
- Turbot
- Walleye
- Abalone
- Clams
- Crab
- Crayfish
- Lobster
- Mussels
- Oysters
- Scallops
- Shrimp

Encouraged Vegetables & Fruit

Vegetables <ul style="list-style-type: none">• Artichoke• Asparagus• Beet greens• Beets• Bell peppers• Broccoli• Brussels sprouts• Cabbage• Carrots• Cauliflower• Celery• Collards• Cucumber• Dandelion• Eggplant• Endive• Green onions• Kale• Kohlrabi• Lettuce• Mushrooms• Mustard greens• Onions• Parsley• Parsnip• Peppers (all kinds)• Pumpkin• Purslane• Radish• Rutabaga• Seaweed• Spinach• Squash (all kinds)• Swiss chard• Tomatillos• Tomato• Turnip greens• Turnips• Watercress	Fruit <ul style="list-style-type: none">• Apple• Apricot• Avocado• Banana• Blackberries• Blueberries• Boysenberries• Cantaloupe• Carambola• Cassava melon• Cherimoya• Cherries• Cranberries• Figs• Gooseberries• Grapefruit• Grapes• Guava• Honeydew melon• Kiwi• Lemon• Lime• Lychee• Mango• Nectarine• Orange• Papaya• Passion fruit• Peaches• Pears• Persimmon• Pineapple• Plums• Pomegranate• Raspberries• Rhubarb• Star fruit• Strawberries• Tangerine• Watermelon
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Encouraged Nuts and Oils

Nuts and Seeds <ul style="list-style-type: none">• Almonds• Brazil nuts• Cashews• Chestnuts• Hazelnuts (filberts)• Macadamia nuts• Pecans• Pine nuts• Pistachios	<ul style="list-style-type: none">• Pumpkin seeds• Sesame seeds• Sunflower seeds• Walnuts Oils <ul style="list-style-type: none">• Olive• Avocado• Flaxseed• Canola
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Foods You Should Avoid

<p>Dairy Foods</p> <ul style="list-style-type: none">• All processed foods made with any dairy products• Butter• Cheese• Cream• Ice cream• Milk• Yogurt / Frozen Yogurt <p>Cereal Grains</p> <ul style="list-style-type: none">• Barley (barley soup, barley bread, and all processed foods made with barley)• Corn (corn on the cob, corn tortillas, corn chips, corn starch, corn syrup)• Millet• Oats (steel-cut oats, rolled oats, and all processed foods made with oats)• Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes, Rice flour (all processed foods made with rice))• Rye (rye bread, rye crackers, and all processed foods made with rye)• Sorghum• Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, and all processed foods made with wheat or wheat flour)• Wild rice <p>Cereal Grain-like Seeds</p> <ul style="list-style-type: none">• Amaranth• Buckwheat• Quinoa	<p>Legumes</p> <ul style="list-style-type: none">• All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, red beans, string beans, white beans)• Black-eyed peas• Chickpeas• Lentils• Peas• Miso• Peanuts / Peanut Butter• Snowpeas• Sugar snap peas• Soybeans and all soybean products, including tofu <p>Starchy Vegetables</p> <ul style="list-style-type: none">• Cassava root• Manioc• Potatoes and all potato products (French fries, potato chips, etc.)• Sweet potatoes• Tapioca pudding• Yams <p>Soft Drinks and Fruit Juices</p> <ul style="list-style-type: none">• All soft drinks, including diet• All fruit juice, including canned bottled, and freshly squeezed. <p>Sweets</p> <ul style="list-style-type: none">• Candy• Honey• Sugars
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This is a modified list from the book *Paleo Diet* by Loren Cordain.