

PALEO

FOODS TO ENJOY AND FOODS TO AVOID

Enjoy

- Pastured meats like beef, chicken, turkey, lamb, duck, and bison
- Bone broth and organ meats from pastured animals
- Eggs
- Wild-caught fish and shellfish
- Animal fats like tallow, butter, ghee, lard, and duck fat from pastured animals
- Tropical oils like coconut and red palm (sustainably harvested)
- Olive oil and avocado oil (for cold applications)
- Any fruit
- Any vegetable especially leafy green veggies, roots and tubers
- Herbs and spices
- Coconut flakes and coconut butter
- Vinegars, like apple cider, or coconut
- Fermented foods like saurkraut, kombucha and water kefir
- Nut milks like almond, cashew and coconut

Avoid

- Grains (including pseudo-grains like quinoa)
- Beans and legumes including peanuts
- Dairy
- Artificial sweeteners
- Processed foods
- MSG
- Food chemicals
- Alcohol
- Trans fats
- Cereal grains
- Refined sugar
- Overly salty foods
- Refined vegetable oils
- Candy/junk/processed food