

Foods That Can Be Eaten on Paleo Diet

Meats

List of meats and grass-fed meats that can be eaten on the diet:

- Flank Steak
- Sirloin Steak
- London broil
- Chuck Steak
- Veal meat
- Pork loin
- Pork chops
- Chicken breast
- Turkey breast
- Rabbit meat
- Goat meat
- Alligator
- Ostrich
- Bear
- Pheasant
- Bison (buffalo)
- Quail
- Caribou
- Rattlesnake
- Elk
- Reindeer
- Emu
- Squab
- Goose
- Turtle

Organ meats

List of organ meats that can be eaten on the diet:

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

Fish and seafood

Here's a list of fish and seafood that can be eaten on the diet:

- Seabass
- Perch

- Bluefish
- Red snapper
- Cod
- Rockfish
- Salmon
- Eel
- Flatfish
- Grouper
- Striped bass
- Haddock
- Sunfish
- Halibut
- Tilapia
- Herring
- Trout
- Mackerel
- Tuna
- Monkfish
- Abalone
- Mussels
- Clams
- Oysters
- Crab
- Scallops
- Crayfish
- Shrimp
- Lobster

Vegetables

Non-starchy vegetables that can be eaten:

- Artichoke
- Mushrooms
- Asparagus
- Mustard Greens
- Beet
- Greens Onions
- Parsley
- Bell Peppers
- Parsnip
- Broccoli
- Brussels Sprouts
- Pumpkin
- Cabbage
- Purslane
- Carrots
- Radish

- Cauliflower
- Celery
- Collards
- Spinach
- Cucumber
- Squash (all kinds)
- Eggplant
- Tomato
- Kale
- Lettuce

Fruits

Here's a list of fruits that can be eaten on the diet:

- Apple
- Cranberries
- Apricot
- Figs
- Avocado
- Gooseberries
- Banana
- Grapefruit
- Blackberries
- Grapes
- Blueberries
- Guava
- Boysenberries
- Honeydew melon
- Cantaloupe
- Kiwi
- Carambola
- Lemon
- Cassava
- Melon
- Lime
- Cherimoya
- Lychee
- Cherries
- Mango
- Nectarine
- Pomegranate
- Orange
- Raspberries
- Papaya
- Rhubarb
- Passion Fruit
- Star Fruit

- Peaches
- Strawberries
- Pears
- Tangerine
- Persimmon
- Watermelon
- Pineapple

Nuts and seeds

- Almonds
- Pine Nuts
- Pistachios
- Cashews
- Hazelnuts
- Chestnuts
- Macadamia Nuts
- Pecans
- Walnuts
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

Healthy fats and oils

Healthy fats and oils that can be eaten in moderation:

- Olive oil
- Avocado oil
- Walnut oil
- Flaxseed oil
- Coconut oil
- Macademia oil

Beverages

Drinks to take in moderation:

- Diet Sodas
- Coffee
- Tea
- Wine
- Beer
- Spirits

Foods That Are Not Allowed on Paleo Diet

Dairy Foods

Here's a full list of dairy foods to avoid consuming:

- Butter
- Cheese
- Cream
- Cream cheese
- Non-fat dairy creamer
- Skim milk
- Dairy spreads
- Frozen yogurt
- Powdered milk
- Low-fat milk
- Ice cream
- Yogurt

Cereal Grains

Here are all the cereal grains to omit:

- Barley
- Corn
- Millet
- Oats (steel-cut oats, rolled oats)
- Rice (brown rice, white rice, rice noodles, basmati rice, rice cakes, rice flour)
- Rye (rye bread, rye crackers, & all processed foods made with rye)
- Sorghum
- Wheat
- Wild rice
- Grains and Seeds
- Amaranth
- Buckwheat
- Quinoa

Legumes

- Azuki beans
- Black beans
- Broad beans
- Fava beans
- Garbanzo beans
- Kidney beans
- Lima beans
- Mung beans
- Pinto beans

- Red beans
- String beans
- Black-eyed peas
- Chickpeas
- Peanuts
- Lentils
- Snowpeas
- Peas
- Sugar snap peas
- Peanut butter
- Miso
- Soybeans & all soybean products, including tofu
- Starchy Vegetables
- Starchy tubers
- Sweet potatoes
- Cassava root
- Yams
- Tapioca
- Potatoes

Ultra-processed foods

List of highly processed foods to avoid:

- Bacon
- Pork rinds
- Salami
- Deli Meats
- Frankfurters
- Ham
- Hot Dogs and sausages
- Ketchup
- Pickled foods
- Olives
- Salted nuts
- Salted spices

Soft drinks

- All sugary soft drinks

Sweets

- Candy
- Honey
- Sugars
- High fructose corn syrup
- Artificial sweeteners

Inflammatory oils

- Corn oil
- Soybean oil
- Canola oil
- Sunflower oil
- Palm oil
- Safflower oil
- Peanut oil