

What to eat - Paleo approved

Lean Meats

- Lean beef
- Flank steak
- Top sirloin steak
- Lean hamburger (extra fat drained off)
- London broil
- Chuck steak
- Lean veal
- Any other lean cut
- Lean pork
- Pork loin
- Pork chops
- Any other lean cut

Lean poultry

- Chicken breast
- Turkey breast
- Game hen breasts

Eggs

- Chicken (go for the enriched omega 3 variety)
- Duck
- Goose

Other meats

- Rabbit meat (any cut)
- Goat meat (any cut)

Less desirable but acceptable

- Bacon (no nitrates or chemical preservatives)
- Sausage (chicken or turkey with all natural ingredients)

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

What to eat - Paleo approved

- Goose
- Kangaroo
- Muscovy duck
- New Zealand cervena deer
- Ostrich
- Pheasant
- Quail
- Rattlesnake
- Reindeer
- Squab
- Turtle
- Venison
- Wild boar
- Wild turkey

Fish

- 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
- Any other commercially available fish

Shellfish

- Abalone
- Clams
- Crab
- Crayfish

What to eat - Paleo approved

- Lobster
- Mussels
- Oysters
- Scallops
- Shrimp

Fruit

- 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
- Dried (nothing added)

Vegetables

- Artichoke

What to eat - Paleo approved

- 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)
- Sweet potato
- Swiss chard
- Tomatillos
- Tomato (actually a fruit, but most people think of it as a vegetable)
- Turnip greens
- Turnips
- Watercress

Nuts and Seeds

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Hazelnuts (filberts)
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios (unsalted)
- Pumpkin seeds
- Sesame seeds

What to eat - Paleo approved

- Sunflower seeds
- Walnuts

Non Paleo Allowed Foods

- Grass-Fed Butter
- Grass-Fed Ghee
- Grass-Fed Heavy Cream
- Raw Honey
- White Rice (30 min post workout only)