



## Suggested Grocery Food List (Paleo Approved)

<b><u>Encouraged Foods</u></b>	
<b>Lean Meats -preferably free range, grass fed, organic meats</b> Lean beef (trimmed of visible fat), Flank, steak, Top sirloin steak, Extra-lean hamburger (no more than 7% fat, extra fat drained off), London broil, Chuck steak, Lean veal, Lean pork (trimmed of visible fat), Pork loin Pork chops, Any other lean cut	<b>Fruits</b> 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, All other fruits
<b>Lean poultry - preferably free range, grass fed, organic meats; white meat preferred, remove skin</b> Chicken breast, Turkey breast	
<b>Other meats</b> Any wild game meat	<b>Vegetables</b> 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 (actually a fruit, but most people think of it as a vegetable), Turnip greens, Turnips, Watercress, All other veggies
<b>Fish</b> 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	
<b>Shellfish</b> Abalone, Clams, Crab, Crayfish, Lobster, Mussels, Oysters, Scallops, Shrimp	
<b>Eggs and dairy alternatives</b> Chicken eggs (go for the enriched omega 3 variety), Duck eggs, Goose eggs, Coconut milk	
<b>Beverages</b> Coffee, Green tea, Water, Unsweet tea	
	<b>Nuts and Seeds</b> Almonds, Brazil nuts, Cashews, Chestnuts Hazelnuts (filberts), Macadamia nuts, Pecans, Pine nuts, Pistachios (unsalted), Pumpkin seeds, Sesame seeds, Sunflower seeds, Walnuts



<b><u>Foods To Be Eaten In Moderation</u></b>	<b><u>Foods You Should Avoid</u></b>
<p><b>Oils</b> Olive oil, Sunflower oil, Canola oil (use in moderation - 4 tablespoons or less a day when weight loss is of primary importance)</p> <p><b>Beverages</b> Diet sodas (These often contain artificial sweeteners such as aspartame and saccharine, which may be harmful; you're better off drinking bottled and mineral waters.), Coffee, Tea, Wine (two 4-ounce glasses; Note: Don't buy "cooking wine," which is loaded with salt.), Beer (one 12-ounce serving), Spirits (4 ounces)</p> <p><b>Snacks/ Condiments/ Seasonings</b> Almond butter (no more than 2 TBSP per day), Dried fruits (no more than 2 ounces a day, particularly if you are trying to lose weight)</p> <p>Beef jerky</p> <p>Dried fruits (no more than 2 ounces a day, particularly if you are trying to lose weight)</p> <p>Nuts mixed with dried and fresh fruits (no more than 4 ounces of nuts and 2 ounces of dried fruit a day, particularly if you are trying to lose weight)</p> <p>Any seasoning/ condiment is okay as long as it is not too high in sodium content (if it is, drink lots of water)</p>	<p><b>Dairy Foods</b> Cream, Dairy spreads, Ice cream, Powdered milk, Whole milk</p> <p><b>Cereals</b> Sugar and Starch, White/Starchy Carbs Corn chips, corn starch Paleo Food List2.doc, corn syrup, Millet White Rice (white rice, top ramen, rice noodles, Rice flour (all processed foods made with rice), Sorghum</p> <p><b>Starchy Vegetables</b> Starchy tubers, Cassava root, Manioc Potatoes and all potato products (French fries, potato chips, etc.), Tapioca pudding, Yams</p> <p><b>Salt-Containing Foods</b> Almost all commercial salad dressings and condiments, Bacon, Frankfurters, Ham Hot dogs, Olives, Pickled foods, Pork rinds, Processed meats, Salami, Salted nuts, Salted spices, Sausages, Smoked, dried, and salted fish and meat, Virtually all canned meats and fish (unless they are unsalted or unless you soak and drain them)</p> <p><b>Fatty Meats</b> Bacon, Beef ribs, Chicken and turkey legs, Chicken and turkey skin, Chicken and turkey thighs and wings, Fatty beef roasts, Fatty cuts of beef, Fatty ground beef, Fatty pork chops, Fatty pork roasts, Lamb chops, Lamb roasts, Leg of lamb, Pork ribs, Pork sausage, T—bone steaks</p> <p><b>Soft Drinks and Fruit Juices</b> All sugary soft drinks, Canned, bottled, and freshly squeezed fruit drinks (which lack the fiber of fresh fruit and have a much higher glyceemic index)</p> <p><b>Sweets</b> Candy and Sugars</p>