

Paleo Diet Food List

Name:	Date:
Contact information:	
Relevant medical information (if needed):	
Diet considerations (allergies, sensitivities, preferences, etc.):	
Vegetables	Fruits
<ul style="list-style-type: none">• Celery• Tomatoes• Bell peppers• Onions, green onions, leeks• Eggplants• Cauliflower, broccoli• Asparagus• Cabbage, brussels sprouts, lettuce, spinach• Winter and summer squash• Yams, cassava, sweet potato• Others:	<ul style="list-style-type: none">• Bananas• Apples• Oranges, grapefruit, lemon, lime, tangerine• Berries (strawberry, cranberry, blueberry, blackberry, and raspberry)• Peaches, nectarines, plums• Papaya• Grapes• Watermelon, honeydew melon, cantaloupe• Mango• Figs• Others:
Notes:	Notes:
Meat, game, fish, and seafood	Oils and fats
<ul style="list-style-type: none">• Cage-free eggs• Grass-fed beef• Pasture-raised pork• Free-range chicken and turkey• Wild-caught fish and seafood• Salmon, tuna• Others:	<ul style="list-style-type: none">• Avocados• Olive oil• Coconut oil• Butter and clarified butter (ghee)• Lard• Duck, veal, and lamb fat• Others:
Notes:	Notes:

Nuts, seeds, herbs, spices, and others	Gray area Foods
<ul style="list-style-type: none"> • Mushrooms • Pistachios, pecans, walnuts, chestnuts, cashews, almonds, hazelnuts, pine nuts, macadamia nuts • Sunflower, sesame, chia, flax, pumpkin seeds • Parsley, thyme, rosemary, oregano, sage, tarragon, basil • Mint, lavender • Ginger, garlic, onions, turmeric • Black pepper and hot peppers • Star anise, fennel seeds, mustard seeds • Vanilla, cinnamon, nutmeg, cloves • Others: 	<ul style="list-style-type: none"> • Dairy (cheese, heavy cream, yogurt) • Starchy vegetables and high-sugar fruits (should be in moderation) • Alcohol (best to avoid but some options like free hard ciders and red wine are accepted in moderation) • Others:
Notes:	Notes:
Foods to avoid	
<ul style="list-style-type: none"> • Grains (wheat, corn, barley, rye, oats, brown rice, millet, spelt, bulgur, couscous, etc.) • Legumes (soybeans, lentils, pinto beans, red beans, peanuts, chickpeas, kidney beans, etc.) • Added sugar (sodas, baked goods, pastries, fruit juices, cane juice, cane sugar, high-fructose, corn syrup, agave, aspartame, etc.) • Vegetable seed oils (soybean oil, peanut oil, corn oil, canola oil, margarine, sunflower oil, safflower oil, cottonseed oil, etc.) • Processed foods (most commercially packaged foods) • Others: 	
Notes:	
Additional notes	

Cleveland Clinic (2023, February 3). *Paleo diet 101: What you can and can't eat*.
<https://health.clevelandclinic.org/paleo-diet>

Gunnars, K. (2018, August). *The Paleo diet — a beginner's guide plus meal plan*. Healthline Media.
<https://www.healthline.com/nutrition/paleo-diet-meal-plan-and-menu#modified-paleo-diets>