

# Paleo Diet Food List

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

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