



# Ultimate Paleo Guide

*The Ultimate Guide To The Paleo Diet*

## Paleo Diet Food List

The following is a **comprehensive paleo diet food list**. In it, you'll find a list of paleo diet meats, vegetables, fruits, nuts, seeds, oils that are allowed on the paleo diet (and even some paleo diet desserts – yes, they exist!). This list will not only give you a solid starting point for the paleo diet, but also get your mouth drooling (but you won't hear us complaining). Want more specifics on **the types of food you can put on your paleo diet food list** the next time you go to the grocery store? Nom, nom nom. Let's get started!

### Paleo Diet Foods Index & Overview

#### **Paleo Foods Allowed:**

Paleo Diet Meats

Paleo Diet Vegetables

Paleo Diet Oils/Fats

Paleo Diet Nuts

Paleo Diet Fruits

#### **Foods Not Allowed:**

Dairy

Soft Drinks

Fruit Juices

Legumes

Grains

Fatty Meats

Salty Foods

Starchy Vegetables

Sweets



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## **Paleo Diet Meats**

Paleo diet meats. Almost all meats are paleo by definition. Of course, you'll want to stay away from highly processed meats and meats that are very high in fat (stuff like spam, hot dogs are other low-quality meat), but if it used to moo, oink or make some other sound – it's almost certainly paleo (and yes, that means you can still have bacon – although don't do anything too crazy with it).

- Poultry
- Turkey
- Chicken
- Breast
- Pork Tenderloin
- Pork Chops
- Steak
- Bacon
- Pork
- Ground Beef
- Grass Fed Beef
- Chicken Thigh
- Chicken Leg
- Chicken Wings (yum!)
- Lamb rack
- Shrimp
- Lobster
- Clams
- Salmon
- Venison Steaks
- Buffalo
- New York Steak
- Lamb Chops
- Rabbit
- Goat
- Bear (good luck getting this!)



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- Bacon
- Eggs (duck, chicken or goose)

Yes, we love bacon so much as a paleo diet meat that we put it on there twice!  
Nom. Nom. Nom.



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## Paleo Diet Vegetables

Paleo diet vegetables. Almost all vegetable foods are on the paleo diet as well, but you need to be careful in discerning the difference here. Vegetables with a high starch content, such as potatoes, and squashes, tend to have low nutritional value in comparison to the amount of starches/carbs/sugars they contain. While they're not bad for you, they're not always that great for you either.

- Asparagus
- Avocado
- Artichoke Hearts
- Brussels Sprouts
- Carrots
- Spinach
- Celery
- Broccoli
- Zucchini
- Cabbage
- Peppers (all kinds)
- Cauliflower
- Parsley
- Eggplant
- Green Onions
- 
- Butternut Squash\*
- Acorn Squash\*
- Yam\*
- Sweet Potato\*
- Beets\*



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## **Paleo Diet Oils/Fats**

Paleo diet oils. Contrary to popular belief, fat doesn't make you fat – carbs do (and the Standard American Diet has a ton of them!). Natural oils and fats are your body's preferred way of creating energy, so it's best to give your body what it's asking for! The following are some of the best types of paleo oils and fats that you can give your body if you're in need of some additional sustained energy.

- Coconut Oil
- Olive Oil
- Macadamia Oil
- Avocado Oil
- Grass Fed Butter



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## **Paleo Diet Nuts**

We love nuts (does that sound bad?! Nuts are decidedly paleo. Be careful as cashews and peanuts are high in fat and, for some reason, it's incredibly easy to eat an entire jar of them in one sitting (that's just not us, is it?). If you're trying to lose weight, limit the amount of nuts you're consuming, otherwise, have it. I mean, after all, you can't beat a good almond/pecan/walnut nut mix can you?

- Almonds
- Cashews
- Hazelnuts
- Pecans
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Macadamia Nut
- Walnuts



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## **Paleo Diet Fruits\*\***

Paleo diet fruits are not only delicious, but they're great for you too. Fruits, even paleo-approved ones, contain large amounts of fructose which, while much better than HFCS (high-fructose corn syrup), is still sugar. If you're looking to lose weight on the paleo diet, you'll want to cut back on the fruit intake and focus more on the vegetables allowed on the paleo diet. However, feel free to have 1-3 servings of fruit a day and enjoy yourself. Check out this list of paleo diet fruits and see if you're not hungry by the end (we'll admit, we're partial to the blackberries)!

- Apples
- Avocados
- Blackberries
- Papayas
- Peaches
- Plums
- Mangos
- Lychees
- Blueberries
- Grapes
- Lemons
- Strawberries
- Watermelons
- Pineapples
- Guavas
- Limes
- Raspberries
- Cantaloupes
- Tangerines
- Figs
- Oranges
- Bananas\*



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\*These starchy foods are great for energy replacement for paleo diet athletes who are spending long periods of time exercising and who need some of the starchier foods on the paleo diet to sustain their energy levels. As long as you're training, you'll find these are great sources of energy replacements, especially post workout. However, if you're trying to lose weight on the paleo diet, you'll want to limit the quantities of these that you're eating.

\*\*Eat high-sugar fruits in moderation. They're great for you, but it's easy to overdo it. Remember your caveman predecessor didn't have access to Florida orange groves 24/7 so you probably shouldn't try to eat a bushel of oranges in your next paleo diet meal.





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This is a pretty **comprehensive list of foods available on the paleo diet**, and we're constantly updating it. If you're looking for ways to eat these, check out some of the paleo diet recipes on our site or visit the paleo diet blogs we're featuring to get even more delicious ideas for paleo diet food you can eat.



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## List of Foods Not Allowed on The Paleo Diet

This is a complete list of foods not allowed on the paleo diet. It's a sad day when you first have to say goodbye to these foods while starting out on your paleo diet journey, but once you start, it's much easier, and you find there are even better paleo substitutes for these. Here's the ultimate list of foods not allowed on the paleo diet.

### Dairy

- Butter
- Cheese
- Cottage Cheese
- Non Fat Dairy Creamer
- Skim Milk
- 2% Milk
- Whole Milk (sometimes)
- Dairy Spreads
- Cream Cheese
- Powdered Milk
- Yogurt
- Pudding
- Frozen Yogurt
- Ice Milk
- Low Fat Milk
- Ice Cream



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## Soft drinks

- Coke
- Sprite
- Pepsi
- Mountain Dew
- [Insert list of soft drinks here]



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## **Fruit Juices**

- Apple Juice
- Orange Juice
- Grape Juice
- Strawberry Juice
- Chinola Juice
- Starfruit Juice
- Mango Juice



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## Grains

Anything that has a grain in it should be avoided on the paleo diet. Yes, anything. If you pretend that grains are the devil, you'll find it's much easier to avoid them.

- Cereals
- Bread
- English Muffins
- Toast
- Sandwiches
- Biscuits
- Wheat Thins
- Crackers
- Oatmeal
- Cream of Wheat
- Corn
- Wheat
- Legumes



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## Legumes

Don't know what a legume is? That's okay, we've put together a primer on what legumes are and why, unfortunately, they're not paleo. For the paleo diet, legumes are not on the menu, sorry. Here are the ones you should specifically avoid:

- All beans (listed below)
  - Black Beans
  - Broad Beans
  - Fava Beans
  - Garbanzo Beans
  - Horse Beans
  - Kidney Beans
  - Lima Beans
  - Mung Beans
  - Adzuki Beans
  - Navy Beans
  - Pinto Beans
  - Red Beans
  - Green Beans
  - String Beans
  - White Beans
- Peas (listed below)
  - Black Eyed Peas (and yes, you should also avoid the band)
  - Chickpeas
  - Snowpeas
  - Sugar snap peas
- Peanuts
- Peanut butter
- Miso
- Lentils
- Lupins
- Mesquite
- Soybeans



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- All soybean products and derivatives
- Tofu



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## **Fatty Meats**

- Spam
- Hot Dogs
- Other low-quality meats (if you do eat them, eat them in moderation)





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## **Salty Foods**

- French Fries
- Ketchup
- Etc.



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## Snacks

These easy, cheap and pre-packaged snacks could last years on their own. That means they're definitely not paleo.

- Pretzels
- Chips
- Biscuits
- Wheat Thins
- Cookies
- Sun Chips
- Pastries



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## Starchy Vegetables

While these starchy vegetables are still vegetables, you'll want to stay away from them due to their high starch content.

- Potatoes
- Sweet Potatoes
- Yucca
- Batata
- Butternut Squash\*
- Acorn Squash\*
- Yam\*
- Beets\*



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## Energy Drinks

These are not good for you and are definitely not paleo. Stay far, far away.

- Red Bull
- Monster
- Rockstar
- Starbucks Refreshers
- Mountain Dew MDX
- Vault
- XS Energy Drink
- 5 Hour Energy



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## **Alcohol**

Unfortunately, almost no alcohol is paleo. Yes, this includes, but isn't limited to:

- Beer
- Whiskey
- Tequila
- Rum
- Vodka
- Alcohol + Mixers



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## Sweets

Almost all sugar is almost manufactured and should be avoided on the paleo diet. This means cutting out delicious but destructive sweets and sugars that are standard in the Standard American Diet. The rule of thumb here is: if it has a ton of sugar, it's probably not paleo. Here's a specific list of sweets that are not on the paleo diet food list. You might want to take a moment to say goodbye to them before you start your paleo diet journey.

- Candy bars (Listed Below)
  - Snickers
  - Snickers Peanut Butter
  - 100 Grand
  - Butterfinger
  - Milky Way
  - Reeses (NOOOO!)
  - Payday
  - M&Ms
  - Skittles
  - Red Vines
  - Twizzlers
  - Hershey's
  - Nestle Crunch
  - Almond Joy
  - Mounds
  - Reese's Fast Break
  - Reeses' Pieces
  - Twix
  - Twix Peanut Butter
- Sugars
- Honey (sometimes allowed in moderation)