

# Mark's Daily Apple Paleo Food List

## Paleo Basics: Foods To Eat

- Meat, including muscle and organ meats (beef, lamb, venison, pork, poultry, etc.)
- Animal fats (provided they're unadulterated)
- Seafood
- Eggs
- Vegetables (prioritize non-starchy varieties)
- Fruit
- Eggs
- Stable, unrefined oils (particularly monounsaturated and saturated varieties—e.g. olive oil, avocado oil, coconut oil, etc.)
- Nuts and seeds
- Herbs and spices (provided they've no additives)

## Paleo Basics: Foods To Avoid

- Grains (e.g. wheat, barley, oats, corn, rice)
- Dairy
- Refined sugar
- Processed foods
- Vegetable seed oils (e.g. soybean, peanut, corn, canola, etc.)
- In moderation (if well tolerated): legumes, nightshades

## Paleo Food Categories: What To Choose

### Meat

- Red meat (e.g. beef, veal, mutton, lamb, venison, bison, buffalo, elk, goat)
- Poultry (e.g. chicken, duck, quail, turkey, pheasant, geese, etc.)
- Pork (including wild boar)
- Rabbit/Other Small Game
- Venison/Moose

### Eggs

- Chickens
- Ducks
- Geese
- Quail
- Ostrich

### Seafood

- Fish (salmon, sardines, mackerel, anchovy, tuna, snapper, cod, haddock, walleye, etc.)
- Cuttlefish
- Squid

- Octopus
- Shellfish (e.g. oysters, mussels, clams, scallops, abalone, etc.)
- Lobster
- Crayfish
- Shrimp
- Crab

## **Vegetables**

- Leafy greens (spinach, collard greens, kale, arugula, Swiss chard, dandelion greens, mustard greens, lettuce, bok choy, watercress, etc.)
- Brassicas (broccoli, cauliflower, Brussels sprouts, kohlrabi, cabbage, rutabaga, radish, daikon, etc.)
- Squashes (pumpkin, butternut squash, delicata squash, spaghetti squash, acorn squash, zucchini, etc.)
- Tubers and safe starches (sweet potato, carrots, beets, yams, parsnips, cassava, taro, yucca)
- Alliums (onion, garlic, leek, chives, shallots, etc.)
- Nightshades, if well-tolerated (tomatoes, bell peppers, eggplant, hot peppers, etc.)
- Asparagus
- Celery
- Artichoke
- Fennel
- Green onion
- Cucumber
- Jicama
- Avocado (technically a fruit)

## **Fruit**

- Berries (raspberries, strawberries, blueberries, blackberries, boysenberries, cranberries, acai, lingonberries, goji, currants, etc.)
- Citrus (lemons, limes, oranges, grapefruit, mandarins, tangerines, pomelos, etc.)
- Stone fruit (peaches, nectarines, apricots, cherries, plums, etc.)
- Apples
- Bananas (including plantains)
- Coconut
- Melons (watermelon, honeydew, cantaloupe, etc.)
- Papaya
- Mango
- Pineapple
- Lychee
- Grapes
- Figs
- Kiwifruit

## **Nuts and Seeds**

- Almonds
- Walnuts
- Cashews
- Hazelnuts
- Macadamia nuts
- Pecans
- Pistachios
- Brazil nuts
- Chestnuts
- Pine nuts
- Flaxseed
- Sunflower seeds
- Pumpkin seeds
- Chia seeds
- Sesame seeds

## **Healthy, Stable Fats and Oils**

- Avocado Oil
- Coconut Oil
- Olive oil (extra virgin)
- Ghee (Grass-fed is best.) or butter
- Tallow
- Lard
- Flaxseed oil
- Walnut oil
- Macadamia nut oil

## **Foods To Avoid On Paleo**

### **Grains**

- Wheat
- Corn
- Oats
- Barley
- Rye
- Amaranth
- Millet
- Sorghum
- Spelt
- Quinoa (pseudo-grain, eat in moderation if at all)
- Buckwheat (pseudo-grain, eat in moderation if at all)

### **Dairy**

- Milk
- Cream

- Butter (see above under Fats and Oils)
- Cheese
- Ice cream
- Yogurt
- Sour cream

### **Legumes**

- Lentils
- Soy (including tofu, tempeh, miso, and other soy-related products)
- Peanuts
- Black beans
- Garbanzo beans (chickpeas)
- Red beans
- Pinto beans
- Peas

### **Seed Oils**

- Canola oil
- Corn oil
- Cottonseed oil
- Grapeseed oil
- Margarine
- Palm oil
- Peanut oil
- Safflower oil
- Soybean oil
- Sunflower oil

### **Refined Sugars and Sweeteners**

- Aspartame
- Neotame
- Saccharin
- Sucralose/Splenda
- White sugar
- Brown sugar
- Cane sugar or cane juice
- Agave
- Turbinado sugar
- Beet sugar
- High fructose corn syrup/corn syrup/corn sugar
- Maltitol
- Mannitol
- Stevia
- Treacle
- Xylitol
- Erythritol