

PALEO FOOD LIST

If you're still wondering what you can eat on Paleo after reading this – I guess you'll starve!

Eat lots of this:

Beef	Duck	Eggs
Pork	Venison	Fish
Chicken	Veal	Shellfish
Lamb	Game	Fruit

Vegetables

Artichoke	Brussels sprouts	Squash
Mushrooms	Pumpkin	Dandelion
Asparagus	Cabbage	Eggplant
Onions	Carrots	Tomatillos
Beets	Radish	Endive
Parsley	Cauliflower	Tomato
Bell Peppers	Celery	Kale
Parsnip	Seaweed	Turnips
Broccoli	Spinach	Watercress
Peppers	Cucumber	Lettuce

Nuts and seeds *(peanuts and cashews are legumes)*

Almonds	Pumpkin Seeds	Sunflower Seeds
Pine Nuts	Chestnuts	Macadamia Nuts
Brazil Nuts	Sesame Seeds	Walnuts
Pistachios	Hazelnuts	Pecans

Oils

Olive	Avocado	Coconut
Nut oils	Fish oil	