

What to Eat on the Paleo Diet



FRESH VEGETABLES



FRESH FRUIT
(in moderation)



GRASS-FED, LEAN MEATS



FRESH FISH AND EGGS



HEALTHY FATS
(olive oil, coconut oil, avocado oil, avocados)



NUTS AND SEEDS



RICE

WHEAT
(baked goods, bread, cookies, crackers)

BEANS, LEGUMES, AND LENTILS

PROCESSED FOODS
(Ex. protein bars, boxed crackers, cakes, cookies, cereal)

DAIRY PRODUCTS

MOST VEGETABLE OILS
(corn oil, safflower oil, vegetable oil)

ARTIFICIAL SWEETENERS



Example Plate

- Veggies
- Protein (any choice)
- Fruit
- Healthy fat (like nuts, seeds, avocado, olive oil)
- Water or tea

Eat Liberally

- **Meat and poultry.**

Emphasize beef and lamb, but also pork, chicken, turkey, duck and wild game like venison, ostrich, etc. Organic and free-range is always preferable

- **Organ meats (especially liver).**

Liver is the most nutrient-dense food on the planet. If you don't like the taste of liver, one good trick is to put one chicken liver in each cube of an ice cube tray and freeze them. Then, when you're making any meat dish, dice up one chicken liver and add it to the meat.

- **Bone broth soups.**

It's essential to balance your intake of muscle meats and organ meats with homemade bone broths. Bone broths are rich in glycine, and amino acid found in collagen, which is a protein important in maintaining a healthy gut lining.

- **Fish**

Especially fatty fish like salmon, mackerel and herring. Wild is preferable. You need to eat three 6 oz. servings of fatty fish per week to balance your omega-6 to omega-3 ratio.

- **Eggs.**

Preferably free-range and organic.

- **Starchy tubers.**

Yams, sweet potatoes, yuca/manioc, taro, lotus root, etc.

- **Non-starchy vegetables.**

Cooked and raw.

If you have some digestive symptoms, you may do better with vegetables that are lightly steamed rather than raw, as this makes them softer and easier to digest.

- **Fermented vegetables and fruits.**

Sauerkraut, kim chi, beet kvass, coconut kefir, etc. These are excellent for gut health.

- **Traditional fats.**

Coconut oil, palm oil, lard, duck fat, beef tallow and olive oil.

Olives, avocados and coconuts (including coconut milk).

- **Nuts and Seeds.**

- **Spices.**

Sea salt and spices can add plenty of flavor to a dish

Eat in Moderation

- **Processed meat.**

Sausage, bacon and jerky.

- **Whole fruit.**

Approximately 1-3 servings per day, depending on your blood sugar balance. Favor low sugar fruits like berries and peaches over tropical fruits, apples & pears.

- **Coffee and black tea.**

Black, or with coconut milk.

- **Dark chocolate.**

70% cacao or higher; in small amounts (i.e. about the size of a silver dollar per serving) is permitted.

- **Vinegar.**

Apple cider vinegar is especially well-tolerated. 1 tsp of apple cider vinegar in between meals can reduce bloating by keeping overgrowth of bacteria and yeast down.

- **Restaurant food.**

The main problem with eating out is that restaurants cook with industrial seed oils, which wreak havoc on the body and cause serious inflammation. You don't need to become a cave dweller, but it's best to limit eating out as much as possible during this initial period.

- **Legumes.**

Including beans of all kinds (soy, black, kidney, pinto, etc.), peas, lentils and peanuts.

This is in the gray area for us. Watch your symptoms and listen to your body when consuming legumes

- **Concentrated sweeteners, real or artificial.**

Including sugar, high fructose corn syrup, maple syrup, honey, agave, brown rice syrup, Splenda, Equal, Nutrasweet, xylitol, stevia, etc.

Avoid Completely

- **Dairy.**

Including butter, cheese, yogurt, milk, cream & any dairy product that comes from a cow, goat or sheep.

- **Grains.**

Including bread or any gluten-free pseudo grains like sorghum, teff, quinoa, amaranth, buckwheat, etc.

- **Processed or refined foods.**

As a general rule, if it comes in a bag or a box, don't eat it. This also includes highly processed "health foods" like protein powder, energy bars, dairy-free creamers, etc.

- **Industrial seed oils.**

Soybean, corn, safflower, sunflower, cottonseed, canola, etc. Read labels - seed oils are in almost all processed, packaged and refined foods (which you should be mostly avoiding anyway).

- **Sodas and diet sodas.**

All forms.

- **Alcohol.**

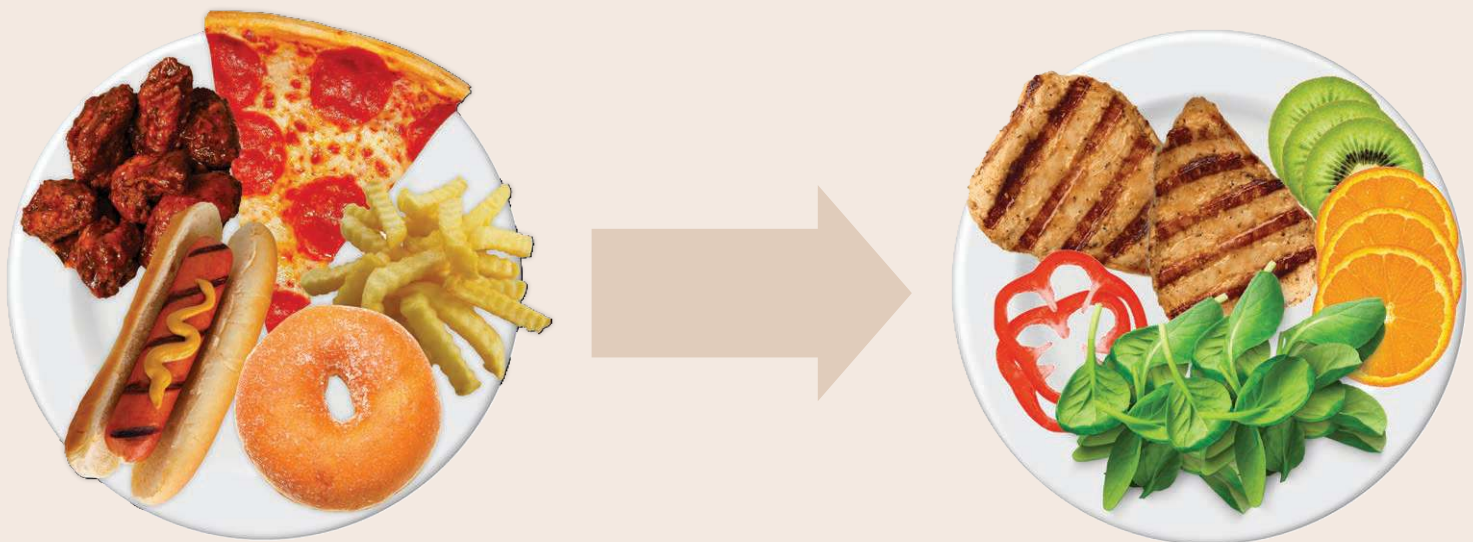
In any form. (It's only for 2-4 weeks!)

- **Processed sauces and seasonings.**

Soy sauce, tamari, and other processed seasonings and sauces (which often have sugar, soy, gluten, or all of the above).

What does the Relaxed Paleo Diet look like?

- For some patients, it's important to have a more relaxed stance with the paleo diet as we work to expand your diet, create more flexibility, and encourage what feels good to your body rather than create long-lasting restrictions. If you can tolerate some grains or dairy, you can begin to reintroduce these foods again.
- The primary goal of doing the relaxed paleo diet is to continue eating a plant-rich, non-processed diet BUT allow yourself some freedom to enjoy all non-gluten grains, legumes, dairy, seasoning/sauces, and 1-2 processed foods per day. This means that non-gluten grains, legumes, dairy, seasoning/sauces fall into the "moderation" category and alcohol, desserts, and processed foods fall into the "on occasion" category.
- If possible, try to give yourself more freedom and eat what you enjoy with the goal of a varied, colorful, nutrient-dense diet.
- Here's what a day might look like: a breakfast hash or gluten-free toast with eggs followed by a paleo stir-fry or leftover paleo dish from the night before, snack of fruit or nuts, ending with dinner of white rice or grain, grilled chicken and side of veggies.



Goal: Get more **COLOR** on your plate!