

Paleo Diet Guidelines

Allowed:

- Grass-fed meats, fish, eggs
- Vegetables, fruits
- Nuts and seeds (excluding peanuts)
- Natural oils: olive oil, coconut oil, avocado oil
- Root vegetables (in moderation)
- Cassava, sweet potatoes

Avoid:

- Grains: wheat, oats, rice, barley, corn
- Legumes: beans, lentils, soy, peanuts
- Dairy products
- Refined sugar and sweeteners
- Processed or packaged foods