Source

http://ultimatepaleoguide.com/files/2012/05/Paleo-Diet-Food-List-PDF.pdf

Allowed Foods

Var arrayAllowedFood = [

“poultry”,

“turkey”,

“chicken”,

“chicken breast”,

“pork tenderloin”,

“pork chops”,

“steak”,

“bacon”,

“pork”,

“ground beef”,

“grass fed beef”,

“chicken thigh”,

“chicken leg”,

“chicken wings”,

“lamb rack”,

“shrimp”,

“shrimps”,

“prawn”,

“prawns”,

“lobster”,

“clams”,

“mussels”,

“salmon”,

“fish”,

“catfish”,

“makrel”,

“cod”,

“haddock”,

“venison”,

“lamb chops”,

“rabbit”,

“goat”,

“bear”,

“eggs”,

“egg”,

“chicken eggs”,

“chicken egg”,

“duck egg”,

“duck eggs”,

“goose egg”,

“goose eggs”,

“asparagus”,

“avocado”,

“artichoke hearts”,

“brussels sprouts”,

“carrots”,

“spinach”,

“celery”,

“broccoli”,

“zucchini”,

“cabbage”,

“peppers”,

“cauliflower”,

“parsley”,

“eggplant”,

“green onions”,

“butternut squash”,

“yam”,

“sweet potato”,

“beetroot”

“coconut oil”,

“olive oil”,

“macadamia oil”,

“avocado oil”,

“grass fed butter”,

“almonds”,

“almond”,

“cashews”,

“cashew”,

“hazelnuts”,

“hazelnut”,

“pecans”,

“pecan”,

“pine nuts”,

“pumpkin seeds”,

“sunflower seeds”,

“macadamia nut:,

“walnuts”,

“walnut”,

“Apple

Apples

Avocado

Blackberries

Papaya

Peaches

Plums

Mango

Lychee

Blueberries

Blueberrie

Grapes

Lemon

Strawberries

Watermelon

Pineapple

Guava

Lime

Raspberries

Clementine

Cantaloupe

Tangerine

Figs

Oranges

Bananas

Honey

];

NON ALLOWED FOODS

Butter • Cheese • Cottage Cheese • Non fat dairy creamer • Skim milk • 2% milk • Whole mil (sometimes) • Dairy spreads • Cream cheese • Powdered milk • Yogurt • Pudding • Frozen Yogurt • Ice Milk • Low fat milk • Ice cream Soft drinks • Coke • Sprite • Pepsi • Mountain Dew • [insert list of soft drinks here] Fruit Juices • Apple Juice • Orange Juice • Grape Juice • Strawberry Juice • Chinola Juice • Starfruit Juice • Mango Juice Cereals • Bread • English Muffin • Toast • Sandwiches • Triscuits • Wheat Thins • Crackers • Oatmeal • Cream of Wheat • Corn • Wheat

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 • All soybean products and derivatives • Tofu

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

Candy bars (Listed Below) ◦ Snickers ◦ Snickers Peanut Butter ◦ 100 Grand ◦ Butterfinger ◦ Milky Way ◦ Reeses (NOOOO!) ◦ Payday ◦ M&Ms ◦ Hershey’s ◦ Nestle Crunch ◦ Almond Joy ◦ Mounds ◦ Reese’s Fast Break ◦ Reeses’ Pieces ◦ Twix ◦ Twix Peanut Butter • Sugars (sometimes allowed in moderation)

White sugar