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