

Paleo Food Chart

www.paleo123.com

Example food items to use for your paleo meals

Meat, seafood and egg	Vegetables and root vegetables	Fruits and berries
Beef Chicken Egg Fish Pork Shellfish Turkey Wild game	Artichoke Asparagus Beet Broccoli Brussels sprouts Cabbage Carrot Cauliflower Celery Collards Cucumber Leek and Garlic Jerusalem artichoke Kale Lettuce Mushroom Onions Parsnips Pumpkin Rutabagas Spinach Squash Sweet potatoes Turnips Water chestnut Watercress Winter squash	Apple Apricot Avocado Banana Blackberry Blueberry Boysenberry Cherry Fig Grapefruit Grapes Kiwi fruit Kumquat Lemon Loganberry Mango Melon Nectarine Orange Papaya Passion fruit Peach Pear Pineapple Plum Raspberry and Strawberry
Nuts		
Almonds Brazil nut Cashew Coconut Hazelnut Macadamia Pecan Pistachio Walnut		