

Is it PALEO?

cheat sheet

YES

MEATS beef, poultry, eggs, fish, pork, etc.

HEALTHY FATS coconut oil, butter, ghee, beef tallow, lard, duck fat.

NOTE: avocado, macadamia and olive oils are fine in dressings and such, but are to be avoided in cooking.

VEGGIES fresh or frozen vegetables, sweet potatoes, yams (white potatoes are okay if only occasional.)

LOW TO MODERATE:

Fruits (berries are best), tree nuts

OKAY SWEETENERS (only use if you must)

Raw, natural sweeteners - raw honey, coconut sugar, maple syrup, stevia

When purchasing your foods, look for organic/grass-fed/pastured if possible.



NO

VEGETABLE OILS

soybean, corn, peanut, canola, safflower, sunflower, and other hydrogenated or semi-hydrogenated oils.

ALL CARBS

Grains & cereals, wheat, rye, oatmeal, granola, bread, bagels, corn, rice, quinoa, pasta, pizza, beer, etc.

SUGAR

Avoid any added sweeteners, particularly artificial or processed ones.

DAIRY

Avoid dairy, with the exception of butter & heavy cream. Keep any dairy minimal, raw & full fat.

LEGUMES

any and all beans, including peanuts or peanut products

SOY