

PALEO DIET BASICS

EAT

Meat, Poultry & Fish
(including organ meats and bone broth)

Eggs

Vegetables

Fruit

Fermented foods
(sauerkraut, kimchi, etc.)

Healthy Fats
(coconut oil, extra virgin olive oil, ghee, duck fat, lard from pasture-raised pigs, beef tallow, etc.)

Spices & Herbs

Nuts & Seeds
(in moderation)

Natural Sweeteners
(i.e. honey, maple syrup, coconut sugar, etc. on occasion)

RUBIES & RADISHES
© www.rubiesandradishes.com



AVOID

Grains
(wheat, rye, barley, corn, rice, quinoa, etc.)

Legumes
(beans, soy, lentils, peanuts, etc.)

Dairy
(for at least the first 30 days)

Vegetable and industrial seed oils
(canola, soybean, cottonseed, safflower, sunflower, etc.)

Processed & Artificial Sweeteners

Processed food
(including most packaged food)

Perservatives and Additives
(basically any ingredient that you don't recognize as food)