



# The Paleo 101: Cheat Sheet

# Eat This

## Fish

- Low mercury and wild caught

## Grass Fed Meats

- Beef, Bison, Pork, Lamb

## Poultry

- Chicken, Duck, Turkey, Eggs

## Vegetables

## Fruit

## Nuts and Seeds

## Healthy Oils and Fats

- Avocado Oil, Coconut Oil, Olive Oil, Ghee, Bacon fat

# Avoid this

## Grains

- rice, barley, corn, wheat
- breads, oats, pastas
- cereals, rye

## Legumes

- beans, peanuts, lentils

White Potatoes

Refined Sugar

Soy

Dairy

Processed Foods

Refined Vegetable Oils