

FAT SOURCES

- Best: Monosaturated Fats
- Avocado
- Avocado Oil
- Hazelnuts / Filberts
- Macadamia Nuts
- Macadamia Oil
- Olives
- Best: Saturated Fats
- Animal Fats
- Clarified Butter
- Coconut Oil
- Coconut Butter
- Coconut Flakes
- Coconut Milk
- Occasional: Poly Fat
- Almonds / Almond Butter
- Brazil Nuts
- Cashews / Cashew Butter
- Pecans
- Pistachios
- Limit: Polysaturated Fats
- Flax seed
- Sesame Seeds
- Sunflower Seeds
- Walnuts

FRUIT

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Date / Figs
- Exotic Fruits
- Grapefruit
- Grapes
- Kiwi
- Lemon / Lime
- Mango
- Nectarines
- Orange
- Papaya
- Peaches
- Pears
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Limit dried fruit!

VEGGIES

- Alfalfa Sprouts
- Anise/ Fennel Root
- Artichoke
- Arugula
- Asparagus
- Beets
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cauliflower
- Napa Cabbage
- Carrots
- Celery
- Cucumber
- Eggplant
- Garlic
- Green Beans
- Greens
- Jicama
- Kale
- Kohlrabi
- Lettuce
- Mushroom
- Onions, shallots, leeks
- Parsnips
- Peppers
- Pumpkin
- Radish
- Snow Peas, Sugar Snap Peas
- Spinach
- Squash
- Sweet Potato / Yams
- Swiss Chard
- Taro
- Tomato
- Zucchini

PROTEIN

- Eggs/ Egg Whites
- Best: "Pasturized +Organic"
- Fair: Organic
- Acceptable: Store Bought
- Poultry
- Chicken / Turkey / Game Birds
- Beef / Bison / Buffalo
- Other Ruminants
- Lamb / Elk / Venison / Goat / Moose
- Other Game Meats
- Fish / Seafood / Shellfish
- Pork
- Limit: Bacon, deli meats, and conventional jerky, sausage
- Avoid: All "Cured" or "Processed" meats with added sugar, nitrates/nitrites, excess sodium or chemical additives

Full Proof Paleo GROCERY LIST