



**YOUR BASIC PALEO FOOD  
GUIDE AND 2 WEEK DIET  
PLAN**

# **PALEO FOOD LIST**

## The Paleo 'Yes' Food List

<i>Meats</i>	<i>Fruits</i>	<i>Veggies</i>	<i>Nuts</i>	<i>Oils/ Fats</i>
<ul style="list-style-type: none"> <li>• Poultry</li> <li>• Turkey</li> <li>• Chicken Breast</li> <li>• Pork Tenderloin</li> <li>• Pork Chops</li> <li>• Steak</li> <li>• Bacon</li> <li>• Pork</li> <li>• Ground Beef</li> <li>• Grass Fed Beef</li> <li>• Chicken Thigh</li> <li>• Chicken Leg</li> <li>• Chicken Wings</li> <li>• Lamb rack</li> <li>• Shrimp/ Lobster</li> <li>• Clams</li> <li>• Salmon</li> <li>• Venison Steaks</li> <li>• Buffalo</li> <li>• New York Steak</li> <li>• Lamb Chops</li> <li>• Rabbit</li> <li>• Goat</li> <li>• Bear</li> <li>• Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• Avocado</li> <li>• Blackberries</li> <li>• Papaya</li> <li>• Peaches</li> <li>• Plums</li> <li>• Mango</li> <li>• Lychee</li> <li>• Blueberries</li> <li>• Grapes</li> <li>• Lemon</li> <li>• Strawberries</li> <li>• Watermelon</li> <li>• Pineapple</li> <li>• Guava</li> <li>• Lime</li> <li>• Raspberries</li> <li>• Cantaloupe</li> <li>• Tangerine</li> <li>• Figs</li> <li>• Oranges</li> <li>• Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Avocado</li> <li>• Artichoke hearts</li> <li>• Brussels sprouts</li> <li>• Carrots</li> <li>• Spinach</li> <li>• Celery</li> <li>• Broccoli</li> <li>• Zucchini</li> <li>• Cabbage</li> <li>• Peppers (All)</li> <li>• Cauliflower</li> <li>• Parsley</li> <li>• Eggplant</li> <li>• Green Onions</li> <li>• Butternut Squash</li> <li>• Acorn Squash</li> <li>• Yam</li> <li>• Sweet Potato</li> <li>• Beets</li> </ul>	<ul style="list-style-type: none"> <li>• Almonds</li> <li>• Cashews</li> <li>• Hazelnuts</li> <li>• Pecans</li> <li>• Pine Nuts</li> <li>• Pumpkin Seeds</li> <li>• Sunflower Seeds</li> <li>• Macadamia Nut</li> <li>• Walnuts</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut oil</li> <li>• Olive oil</li> <li>• Macadamia Oil</li> <li>• Avocado Oil</li> <li>• Grass fed Butter</li> </ul>

## The Paleo 'Absolute No' Food List

<i>Grains &amp; Legumes</i>	<i>Dairy</i>	<i>Soft drinks &amp; Fruit Juices</i>	<i>Fatty Meats</i>	<i>Sweets</i>
<ul style="list-style-type: none"> <li>• All beans</li> <li>• Peanuts</li> <li>• Peanut butter</li> <li>• Miso</li> <li>• Lentils</li> <li>• Lupins</li> <li>• Mesquite• Soybeans</li> <li>• All soybean products and derivatives</li> <li>• Tofu Starchy Vegetables</li> <li>• Cereals</li> <li>• Bread</li> <li>• English Muffin</li> <li>• Toast</li> <li>• Sandwiches</li> <li>• Triscuits</li> <li>• Wheat Thins</li> <li>• Crackers</li> <li>• Oatmeal</li> <li>• Cream of Wheat</li> <li>• Corn</li> <li>• Wheat</li> </ul>	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Cheese</li> <li>• Cottage Cheese</li> <li>• Non fat dairy creamer</li> <li>• Skim milk</li> <li>• 2% milk</li> <li>• Whole milk (consume sometimes)</li> <li>• Dairy spreads</li> <li>• Cream cheese</li> <li>• Powdered milk</li> <li>• Yogurt</li> <li>• Pudding</li> <li>• Frozen Yogurt• Ice Milk</li> <li>• Low fat milk</li> <li>• Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Coke</li> <li>• Sprite</li> <li>• Pepsi</li> <li>• Mountain Dew</li> <li>• [insert list of soft drinks here]</li> <li>• Fruit Juices</li> <li>• Apple Juice</li> <li>• Orange Juice</li> <li>• Grape Juice</li> <li>• Strawberry Juice</li> <li>• Chinola Juice</li> <li>• Starfruit Juice</li> <li>• Mango Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Spam</li> <li>• Hot Dogs</li> <li>• Other low-quality meats (can be eaten in moderation)</li> <li>• Salty Foods</li> </ul>	<ul style="list-style-type: none"> <li>• Candy bars</li> <li>• Sugars</li> <li>• Honey (sometimes allowed in moderation)</li> </ul>

# **2- WEEK PALEO DIET PLAN**

# Week #1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> <li>• 3- Egg Omelet</li> <li>• Vegetables of choice fried in coconut oil</li> </ul>	<ul style="list-style-type: none"> <li>• Meat (left over steak)</li> <li>• 1/4 cup of nuts along with 4 to 6oz of protein.</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 Eggs fried in coconut oil</li> <li>• 1/2 an avocado</li> </ul>	<ul style="list-style-type: none"> <li>• Pork sausage</li> <li>• 1-2 cups of cooked green vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 hard-boiled eggs</li> <li>• 1/2 avocado</li> <li>• Leftover pork Sausage</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage and pepper sauté.(add spinach and spices)</li> </ul>	<ul style="list-style-type: none"> <li>• Left-over meat and eggs scramble.</li> </ul>
Snack (only if hungry)	<ul style="list-style-type: none"> <li>• Celery and nut butter</li> </ul>	<ul style="list-style-type: none"> <li>• 2 hard-boiled eggs,</li> <li>• handful of berries</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 ounces Beef Jerky</li> <li>• A handful of berries</li> </ul>	<ul style="list-style-type: none"> <li>• Celery and nut butter [not peanut butter]</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 cup of nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Raw vegetables</li> <li>• guacamole</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 ounces Beef Jerky</li> <li>• handful of berries</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Tuna salad with a lettuce wrap. Substitute Mayo with avocado.</li> </ul>	<ul style="list-style-type: none"> <li>• Salad with chicken in olive oil and lemon juice vinaigrette</li> </ul>	<ul style="list-style-type: none"> <li>• Club sandwich</li> <li>• Romaine lettuce leaf wrap. Substitute Mayo with avocado.</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Beef patties with</li> <li>• 1/2 avocado and</li> <li>• fresh tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• 4-5 Salmon patties</li> <li>• with steamed</li> <li>• broccoli.</li> </ul>	<ul style="list-style-type: none"> <li>• Steak salad caramelized in onions and sundried tomatoes. garlic, balsamic and olive oil vinaigrette</li> </ul>	<ul style="list-style-type: none"> <li>• Mexican chili salad.</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Green Tea</li> </ul>
Supper	<ul style="list-style-type: none"> <li>• Steak and Mushrooms</li> <li>• Spinach salad</li> </ul>	<ul style="list-style-type: none"> <li>• Pork chops</li> <li>• Sautéed zucchini, onions and mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Gluten free Cheat Meal!</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Beef</li> <li>• Steamed broccoli</li> <li>• Small spinach salad</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage and pepper sauté. Add spinach and spices.</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl of chili</li> <li>• Small salad dressed in olive oil.</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon with asparagus and mashed cauliflower.</li> </ul>

# Week #2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> <li>• 2 poached eggs</li> <li>• 1/2 cup of chili</li> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz Salmon</li> <li>• 1/2 cup broccoli</li> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• 3x mini quiche</li> <li>• and Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• 2 hard-boiled eggs</li> <li>• 1/4 avocado</li> <li>• 1 tomato</li> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Pancakes with berries</li> <li>• Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Veggie omelet</li> <li>• 2 slices bacon</li> </ul>	<ul style="list-style-type: none"> <li>• Veggie omelet,</li> <li>• 2 slices Bacon</li> </ul>
Snack (only if hungry)				<ul style="list-style-type: none"> <li>• Roast beef</li> </ul>		<ul style="list-style-type: none"> <li>• Chili</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted chicken</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Chicken with fried mushrooms and zucchini (add garlic and spices)</li> </ul>	<ul style="list-style-type: none"> <li>• Toss in last night's fresh produce in a pan with protein, herbs and spices.</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Basil salad</li> </ul>	<ul style="list-style-type: none"> <li>• Garlic Shrimp salad</li> <li>• 1 cup of raw veggies</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Caesar salad</li> </ul>	<ul style="list-style-type: none"> <li>• Cheat Meal.</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach salad</li> <li>• 4-5oz of protein</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Make Paleo Cookies/Muffins and freeze them.</li> </ul>	<ul style="list-style-type: none"> <li>• Make your own beef jerky</li> </ul>	<ul style="list-style-type: none"> <li>• 2 pieces of 75% dark chocolate</li> <li>• 1/4 cup of almonds</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh or frozen blueberries</li> <li>• 1/4 of sliced almonds</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot and celery sticks</li> <li>• Almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• Bake Paleo brownies and freeze them.</li> </ul>	<ul style="list-style-type: none"> <li>• Snack on homemade trail mix.</li> </ul>
Supper	<ul style="list-style-type: none"> <li>• 4 oz curried salmon fillet on a spinach salad</li> </ul>	<ul style="list-style-type: none"> <li>• Rotisserie chicken stir-fry.</li> </ul>	<ul style="list-style-type: none"> <li>• Cheat Meal.</li> </ul>	<ul style="list-style-type: none"> <li>• Roast beef with fried beets and turnip and a small salad</li> </ul>	<ul style="list-style-type: none"> <li>• Steak and mushrooms with asparagus</li> </ul>	<ul style="list-style-type: none"> <li>• Chili on a spinach salad</li> </ul>	<ul style="list-style-type: none"> <li>• Steak with steamed broccoli</li> </ul>