



## **30-Day Paleo Challenge Food List**

<b><u>Fish</u></b>		
<b>Anchovies</b>	<b>Mahi Mahi</b>	<b>Salmon</b>
<b>Bass</b>	<b>Monkfish</b>	<b>Sardines</b>
<b>Cod</b>	<b>Mullet</b>	<b>Tilapia</b>
<b>Eel</b>	<b>Northern Pike</b>	<b>Tuna</b>
<b>Haddock</b>	<b>Orange Roughy</b>	<b>Walleye</b>
<b>Halibut</b>	<b>Perch</b>	<b>Any Other Wild Fish</b>
<b>Herring</b>	<b>Red Snapper</b>	
<b>Mackerel</b>	<b>Rockfish</b>	

<b><u>Shellfish</u></b>		
<b>Abalone</b>	<b>Lobster</b>	<b>Scallops</b>
<b>Clams</b>	<b>Mussels</b>	<b>Shrimp</b>
<b>Crab</b>	<b>Oysters</b>	
<b>Crayfish</b>	<b>Prawns</b>	

## **Meat and Poultry**

<b>Beef</b>	<b>Goat</b>	<b>Pork</b>
<b>Chicken</b>	<b>Lamb</b>	
<b><u>Game Meats</u></b>		
<b>Alligator</b>	<b>Emu</b>	<b>Rabbit</b>
<b>Bear</b>	<b>Goose</b>	<b>Snakes</b>
<b>Buffalo</b>	<b>Pheasant</b>	<b>Turkey</b>
<b>Caribou</b>	<b>Kangaroo</b>	<b>Venison</b>
<b>Duck</b>	<b>Ostrich</b>	
<b>Elk</b>	<b>Quail</b>	
<b><u>Organ Meats</u></b>		
<b>Hearts</b>	<b>Liver</b>	
<b>Kidney</b>	<b>Tongue</b>	
<b><u>Eggs</u></b>		
<b>Chicken</b>	<b>Goose</b>	<b>Roe/Caviar</b>
<b>Duck</b>	<b>Pheasant</b>	<b>Other Bird Eggs</b>
<b>Emu</b>	<b>Quail</b>	

## **Nuts and Seeds**

<b>Almonds</b>	<b>Pecans</b>	<b>Sunflower Seeds</b>
<b>Brazil Nuts</b>	<b>Pine Nuts</b>	<b>Walnuts</b>
<b>Hazelnuts</b>	<b>Pistachios</b>	<b>Derivative Butters</b>
<b>Hempseeds</b>	<b>Pumpkin seeds</b>	
<b>Macadamias</b>	<b>Sesame Seeds</b>	

## **Healthy Fats/Oils**

<b>Avocado Oil</b>	<b>Macadamia Oil</b>	<b>Unprocessed Palm Oil</b>
<b>Butter/Ghee</b>	<b>Olive Oil</b>	<b>Walnut Oil</b>
<b>Coconut Oil/Milk</b>	<b>Sesame Oil</b>	
<b>Lard</b>	<b>Tallow</b>	

## **Fruit**

### **Preferred**

<b>Blackberries</b>	<b>Boysenberries</b>	<b>Gooseberries</b>
<b>Blueberries</b>	<b>Cranberries</b>	<b>Raspberries</b>

### **Other Fruits**

<b>Apple</b>	<b>Honeydew Melon</b>	<b>Pears</b>
<b>Apricot</b>	<b>Kiwi</b>	<b>Persimmon</b>
<b>Banana</b>	<b>Lemon</b>	<b>Plums</b>
<b>Cantalope</b>	<b>Lime</b>	<b>Pomegranate</b>
<b>Cherries</b>	<b>Lychee</b>	<b>Rhubarb</b>
<b>Coconut</b>	<b>Mango</b>	<b>Star Fruit</b>
<b>Figs</b>	<b>Nectarine</b>	<b>Strawberries</b>
<b>Goji Berries</b>	<b>Orange</b>	<b>Tangerine</b>
<b>Grapefruit</b>	<b>Papaya</b>	<b>Watermelon</b>
<b>Grapes</b>	<b>Passion Fruit</b>	<b>All other fruits</b>
<b>Guava</b>	<b>Peaches</b>	

<b><u>Vegetables</u></b>		
<b>Artichoke</b>	<b>Cucumbers</b>	<b>Parsnips</b>
<b>Arugula</b>	<b>Eggplant</b>	<b>Peppers (all kinds)</b>
<b>Asparagus</b>	<b>Endive</b>	<b>Pumpkin</b>
<b>Avocados</b>	<b>Fennel</b>	<b>Purslane</b>
<b>Beets/Beet Greens</b>	<b>Fiddlehead Ferns</b>	<b>Radishes</b>
<b>Bell Peppers</b>	<b>Garlic</b>	<b>Romaine Lettuce</b>
<b>Bok Choy</b>	<b>Green Beans</b>	<b>Rutabaga</b>
<b>Broccoli</b>	<b>Jerusalem Artichokes</b>	<b>Sea Vegetables</b>
<b>Broccoli Rabe</b>	<b>Jicama</b>	<b>Spinach</b>
<b>Brussels Sprouts</b>	<b>Kale</b>	<b>Squash</b>
<b>Cabbage</b>	<b>Kohlrabi</b>	<b>Swiss Chard</b>
<b>Carrots</b>	<b>Leeks</b>	<b>Tomatoes</b>
<b>Cauliflower</b>	<b>Mushrooms</b>	<b>Turnip Greens</b>
<b>Celery</b>	<b>Mustard Greens</b>	<b>Watercress</b>
<b>Celery Root</b>	<b>Olives</b>	
<b>Collards</b>	<b>Onions</b>	
<b><u>In Moderation</u></b>		
<b>Cassava</b>	<b>Sweet Potatoes</b>	<b>Yams</b>
<b>Potatoes</b>	<b>Wild Rice</b>	<b>Taro</b>

## **Spices and Herbs**

<b>Anise</b>	<b>Cumin</b>	<b>Peppermint</b>
<b>Basil</b>	<b>Dill</b>	<b>Rosemary</b>
<b>Black Pepper</b>	<b>Fennel</b>	<b>Sage</b>
<b>Cayenne Pepper</b>	<b>Ginger</b>	<b>Stevia</b>
<b>Chili Pepper</b>	<b>Mint</b>	<b>Tarragon</b>
<b>Cilantro</b>	<b>Mustard Seeds</b>	<b>Thyme</b>
<b>Coriander Seeds</b>	<b>Nutmeg</b>	<b>Turmeric</b>
<b>Cinnamon</b>	<b>Oregano</b>	<b>Cloves, Paprika</b>

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<b>Other items to be eaten In Moderation</b>		
<b>Cheese</b>	<b>Honey</b>	<b>Vinegar</b>
<b>Full Fat Cream</b>	<b>Tamari</b>	<b>Yogurt</b>
<b>Coffee</b>	<b>Tea (green, black, oolong)</b>	

## **Supplements**

We don't live in the Paleolithic world anymore.

Downside: we've got more (stress, pollution, chemicals, etc.) to contend with.

Upside: we can take advantage of modern technologies. This is what I recommend if needed:

**Daily High-Potency Antioxidant Multi-Vitamin Supplement**

**Omega-3 Fatty Acid Fish Oil Supplement**

**Whey Protein Powder**

**Probiotics**

**Vitamin D**