

# YOUR FRIDGE'S GUIDE TO THE PALEO DIET

## A brief list of Paleo approved foods

**YES**

If you wonder if it's okay to buy, ask yourself, could I hunt or gather this food?

### Meats

(chicken, beef, pork, etc.)



If possible, meats should come from grass-fed farms

### Fish & Seafood

(shrimp, crab, lobster, etc.)



If possible, fish should be wild, not farmed

### Eggs



### Fresh Fruits & Vegetables



### Nuts & Seeds



### Healthy Oils

(olive, flaxseed, coconut, etc.)



## A Helpful Tip

Leave the temptations at the store!

If it's in the house, you are more likely to eat it.

**NO**

If it's man-made, then you should avoid it.

### Refined Sugar

(this includes fake sugar)



### Pastries

(cake, donuts, etc.)



### Grains

(wheat, pasta, bread, corn, etc.)



### Legumes

(beans, lentils, peanuts, soy)



### Dairy

(milk, yogurt, cheese, creams, etc.)



### Vegetable Oils

(corn, sunflower, grape seed, etc.)



### Other Products

(processed food, alcohol, soft drinks)



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