

PALEO DO NOT EAT FOOD LIST

Dairy

Butter

Cheese

Cottage Cheese

Non Fat Dairy Creamer

Milk

Dairy Spreads

Cream Cheese

Powdered Milk

Yogurt

Pudding

Frozen Yogurt

Ice Cream

Grains

Cereals

Bread

English Muffin

Toast

Sandwiches

Triscuits

Wheat Thins

Crackers

Oatmeal

Cream of Wheat

Cream of Rice

Rice Cakes

Corn

Wheat

Legumes (Almost all beans)

Black beans

Fava Beans

Garbanzo Beans

Kidney Beans

Lima Beans

Mung Beans

Adzuki Beans

Pinto Beans

Red Beans

White Beans

String Beans

Peas

Black Eyed Peas

Chickpeas

Snowpeas

Sugar Snap Peas

Peanuts

Peanut Butter

Miso

Lentils

Lupins

Soybeans

All soybean products

Tofu

Fatty Meats

Spam

Hot Dogs

Other low quality meats

Poor cuts of protein

Starchy Vegetables

Sweets

(Pretty much all candy bars)