

PALEO FOOD LIST

REIGN

MEAT | SEAFOOD

eggs
beef
bison
boar
buffalo
chicken
duck
game meats
goat
goose
lamb
mutton
ostrich
pork
quail
rabbit
squab
turkey
vel
venison

catfish
carp
clams
grouper
halibut
herring
lobster
mackerel
mahimahi
mussels
oysters
salmon
sardines
scallops
shrimp/prawns
snail
snapper
swordfish
trout
tuna

VEGETABLES | FRUITS

artichoke
asparagus
arugula
bamboo shoots
beets
bok choy
broccoli
brussels sprouts
cabbage
carrots
cassava
cauliflower
celery
chard
collards
cucumber
daikon
dandelion
eggplant
endive
fennel
garlic
green beans
green onions
jicama
kale
leeks
lettuce
lotus root
mushrooms

mustard greens
okra
onions
parsley
parsnip
peppers
radicchio
radish
rutabaga
seaweed
shallots
sunchokes
sweet potato
taro
tomatillos
tomato
turnip greens
turnips
watercress
yam
yucca
apples
apricot
avocado
banana
blackberries
blueberries
cherries
cranberries
figs

grapefruit
grapes
guava
kiwi
lemon
lime
lychee
mango
melon
nectarines
oranges
papaya
passionfruit
peaches
pears
persimmon
pineapple
plantain
plums
pomegranate
raspberries
rhubarb
star fruit
strawberries
tangerine
watermelon

HERBS | SPICES

anise
annatto
basil
bay leaf
caraway
caramom
carob
cayenne pepper
celery seed
chervil
chicory
chili pepper
chives
cilantro
cinnamon
clove
coriander
cumin
curry
dill fennel
fenegreek
galangal
garlic
ginger
horseradish

juniper berry
lavendar
lemongrass
lemon verbena
licorice
mae
marjoram
mint
mustard
oregano
paprika
parsley
pepper, black
peppermint
rosemary
saffron
spearmint
star anise
tarragon
thyme
tumeric
vanilla
wasabi

NUTS | SEEDS

almonds
brazil nuts
chestnuts
hazelnuts
macadamias
pecans

pine nuts
pistachios
pumpkin
sesame
sunflower
walnuts

FATS | OILS

avocado/avocado oil
bacon fat
butter
chicken fat
coconut oil
coconut milk
duck fat
ghee

lard
macadamia nut oil
olive oil
palm oil
sesame oil
walnut oil

LIQUIDS

almond milk
coconut milk
water
spring water

herbal tea
mineral water