

Paleo-Approved Food List

Animal-Based Proteins (Paul Saladino Focused)

- Grass-fed beef
- Pasture-raised lamb
- Wild-caught fatty fish (salmon, sardines, mackerel)
- Pasture-raised chicken and turkey
- Pastured pork (uncured)
- Organ meats: liver, heart, kidney
- Raw, grass-fed dairy: milk, kefir, cheese (if tolerated)
- Pastured eggs

Healthy Fats & Oils (Both Approve)

- Grass-fed ghee
- Beef tallow
- Duck fat
- Avocado oil
- Extra virgin olive oil
- Coconut oil

Low-Toxicity Vegetables (Dr. Berg Focused)

- Leafy greens (arugula, spinach, romaine)
- Cruciferous vegetables (broccoli, cauliflower, kale)
- Asparagus
- Zucchini
- Cucumber
- Celery

Fruits in Moderation

- Berries (blueberries, raspberries, strawberries)
- Avocados
- Citrus fruits (lemon, lime, orange)
- Apples (in moderation)

Nuts & Seeds (If Tolerated)

Paleo-Approved Food List

- Macadamia nuts
- Walnuts
- Brazil nuts
- Chia seeds
- Flaxseeds

Paleo Lifestyle Extras

- Sea salt / Himalayan pink salt
- Bone broth
- Fermented foods: sauerkraut, kimchi
- Herbs & spices: turmeric, garlic, rosemary
- Desiccated organ supplements (liver capsules)

Foods to Avoid (Not Paleo-Approved)

- Grains (wheat, corn, oats, rice)
- Legumes (beans, soy, peanuts)
- Refined sugar and artificial sweeteners
- Industrial seed oils (canola, soybean, corn oil)
- Processed snacks, fast food
- Skim or low-fat dairy products