





COMPREHENSIVE

Paleo Diet Food List



 Carb Manager®



Fats & Oils 	Meats 	Nuts & Seeds 	Others 
Ghee (clarified butter) ✓ Lard, beef tallow or bacon fat ✓ Olive oil ✓ Coconut oil ✓ Avocado oil ✓ Coconut cream/butter ✓ Cocoa butter ✓	Chicken all cuts ✓ Beef all cuts ✓ Pork all cuts ✓ Turkey all cuts ✓ Wild game meats (ex, bison, venison, elk) ✓ Fish ✓ Shellfish ✓ Eggs ✓ Organ meats ✓	Almonds ✓ Walnuts ✓ Pecans ✓ Macadamia nuts ✓ Pistachios ✓ Cashews ✓ Sesame seeds ✓ Flax seeds ✓ Chia seeds ✓ Pumpkin seeds ✓ Nut and seed butters (with no added sugar) ✓ ✓ ✓	Tea ✓ Coffee ✓ Vinegars (all flavors) ✓ Coconut aminos (soy sauce alternative) ✓ Cocoa (unsweetened) ✓ Honey ✓ Maple syrup ✓ Fermented foods & beverages (like kombucha, kimchi & sauerkraut) ✓




COMPREHENSIVE

Paleo Diet Food List



 Carb Manager®



Vegetables 		Fruits 		Starchy Carbs 	
Onion <input checked="" type="checkbox"/>	Celery <input checked="" type="checkbox"/>	Apples <input checked="" type="checkbox"/>	Pineapple <input checked="" type="checkbox"/>	Sweet potatoes <input checked="" type="checkbox"/>	
Garlic <input checked="" type="checkbox"/>	Pumpkin <input checked="" type="checkbox"/>	Bananas <input checked="" type="checkbox"/>	Coconut <input checked="" type="checkbox"/>	Winter squash (butternut, acorn, etc) <input checked="" type="checkbox"/>	
Carrots <input checked="" type="checkbox"/>	Cucumber <input checked="" type="checkbox"/>	Oranges <input checked="" type="checkbox"/>	Dried fruits (with no added sugar) <input checked="" type="checkbox"/>	Parsnips <input checked="" type="checkbox"/>	
Turnips <input checked="" type="checkbox"/>	Asparagus <input checked="" type="checkbox"/>	Lemons & Limes <input checked="" type="checkbox"/>	Tomato <input checked="" type="checkbox"/>	Plantain <input checked="" type="checkbox"/>	
Radishes <input checked="" type="checkbox"/>		Grapefruit <input checked="" type="checkbox"/>	Avocado <input checked="" type="checkbox"/>	Cassava root <input checked="" type="checkbox"/>	
Spinach <input checked="" type="checkbox"/>		Grapes <input checked="" type="checkbox"/>		Beets <input checked="" type="checkbox"/>	
Kale <input checked="" type="checkbox"/>		Kiwi <input checked="" type="checkbox"/>			
Lettuce <input checked="" type="checkbox"/>		Pears <input checked="" type="checkbox"/>			
Arugula <input checked="" type="checkbox"/>		Apricot <input checked="" type="checkbox"/>			
Turnip greens <input checked="" type="checkbox"/>		Plums <input checked="" type="checkbox"/>			
Mustard greens <input checked="" type="checkbox"/>		Strawberries <input checked="" type="checkbox"/>			
Zucchini <input checked="" type="checkbox"/>		Raspberries <input checked="" type="checkbox"/>			
Cauliflower <input checked="" type="checkbox"/>		Blueberries <input checked="" type="checkbox"/>			
Broccoli <input checked="" type="checkbox"/>		Blackberries <input checked="" type="checkbox"/>			
Bell peppers <input checked="" type="checkbox"/>		Watermelon <input checked="" type="checkbox"/>			
Hot peppers <input checked="" type="checkbox"/>		Honeydew melon <input checked="" type="checkbox"/>			