

Paleo diet food list

Paleo diet contains healthy foods. It contains organic and high protein foods. Here in this post, you will see paleo diet food list. Paleo diet is like cave man foods it contains everything you can find and hunt. You can pick any foods given below and eat paleo foods. Everyone wants to eat healthily and want to survive healthy life. We cannot make our body healthy without healthy food. Paleo will help you eat a healthy diet. Foods include it are good for health and easy to digest. The most important part is it does not include processed foods.



Paleo food list

Below is the paleo food list it contains almost all foods that are in paleo. Eat healthily and become healthy.

List of paleo foods

Meats– Paleo foods contains beef, veal, rabbit, ship, goat, pork, lamb, bison meats and it also contains poultry chickens.

Eggs– Egg is the complete food it is a good source of protein. It contains all amino acids. Eggs are also included in paleo food list. Paleo persons eat chicken eggs, quail eggs, duck eggs and goose eggs.

Fish and seafood's– Fish and seafood both are rich in protein. It contains omega 6 also. There are many types of fishes and sea foods are included in a paleo diet. Paleo contains salmon, bass, tuna, trout, turbot, anchovy, walleye, grouper, cod, haddock, and catfish. In seafood it contains oysters, lobster, scallops, crab, and mussels.

Vegetables- Paleo also contains vegetables. Vegetables are very good for health. It contains broccoli, tomatoes, onions, Celery, cabbage, okra, cauliflower, avocados, bell peppers, leeks, asparagus, artichokes, cucumber, spinach, kale, dandelion, Lettuce, collard greens, turnip greens, chicory, watercress, rapini, endive, bok choy, seaweeds, Carrots, yams, turnips, sweet potatoes, beets, radish, cassava and rutabaga.

Nuts and seeds- Cashews, hazelnuts, chestnuts, almonds, macadamia nuts, pine nuts and walnuts. In seeds, paleo includes sunflower seeds, pumpkin seeds, Brazil nuts, flax seeds, Pistachios, chia seeds and sesame seeds.

Fruits- Apples, mango, Bananas, lemon, cherries, coconut, persimmon, olives, kiwi, figs, tangerine, papaya, pears, pineapple, grapes, watermelon, apricot, honeydew melon, lychee, passion fruit, strawberry, cranberry, raspberry, blackberry and blueberry.

So these are the foods which you can include in paleo list you can choose your favorite foods and make your own paleo list from above foods.

Paleo diet food list not allowed

Below are foods that are not allowed in paleo food list. Avoid these if you want to eat the pure paleo diet.

- Alcohol
- Soda and other soft drinks.
- Coffee
- Dairy Products.
- Processed meat.
- Grains and legumes.

So at last now you are well aware of paleo diet food list what to include and what not. Don't forget to share this post with your friends.