

Grain Free Paleolithic Diet

Enjoy the following foods evenly distributed throughout the day. Beverages are best consumed away from meals. Home cooked meals are preferred due to the improved nutritional content and lack of hidden allergens and other processed items.

Vegetables:

- Eat locally grown, seasonal, organic vegetables. This should be the largest helping on your plate. Chose at least 2 separate types of vegetables per meal and at least one green vegetable daily.
- Eat a variety of any and all vegetables (except corn and potatoes) that you can tolerate. It is best to try and eat mostly the lower carbohydrate (3, 6%) vegetables. For example:
 - 3% - asparagus, bean sprouts, beet greens, broccoli, red & green cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce (red, green, romaine), mustard greens, parsley, radish, spinach, watercress.
 - 6% - string beans, beets, Bok Choy, brussel sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnip, zucchini.
 - 15% - artichoke, parsnip, green peas, squash, carrot.
 - 20+% - yam (minimal)

Legumes:

- Some people do better with legumes than others. Check with your doctor to see if legumes are recommended for you.
- Eat a variety of any legumes that you are able to tolerate. Soak for 48-72 hours and cook slowly: split peas, lentils, kidney beans, pinto beans, fermented soy (tempeh or miso), mung beans, garbanzo beans, aduki & azuki beans.

Fish:

- Poach, bake, steam, or broil deep-sea ocean (vs. farmed) fish (cod, croaker, haddock, halibut, pollock, sardines, sole, summer flounder, tilapia, wild Pacific salmon) is preferred - minimal shellfish (shrimp, lobster, crab, clam).

Chicken/ Turkey:

- Eat free – range or organically grown chicken/turkey. Bake, broil, steam.
- Eat organic eggs. Great source of protein.

Meat:

- All free-range, grass-fed animals including lamb, buffalo, venison, elk and beef.

Fruit:

- Eat only 1 or 2 pieces of practically any fruit. If possible, it is preferred to eat the fruit baked (such as a baked apple or pear). Like the vegetables, try to eat mostly the low carbohydrate fruits. For example:
 - 3% - cantaloupe, rhubarb, strawberries, melons
 - 6% - apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi
 - 15% - apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate
 - 20+% - banana, figs, prunes

Sweeteners:

- Occasionally maple syrup, rice syrup, barley syrup, raw honey or stevia – use ONLY with meals.
- Absolutely no sugar, NutraSweet, or any other sweetener is allowed.

Seeds and Nuts:

- Grind flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables, cooked grains etc. You may also eat nut and seed butters – almond, brazil, macadamia, coconut, cashew, sesame etc.
- Coconut flour is great for high protein baking.

Butter/Oils:

- Butter is great for cooking. Pastured cow butter is the best source (Kerry Gold)
- Olive Oil is great to add to steamed veggies or for very low cooking. Not a good choice for higher heat. Choose locally grown, first cold-pressed extra virgin olive oil when possible.
- Avoid canola oil, corn oil, safflower oil, sunflower oil, and even flax oil. Flax oil can oxidized quickly so it best to grind fresh flax seed instead of consuming potentially rancid oil.
- Coconut Oil, butter, unprocessed palm oil: great for baking.

Dairy:

- Not everyone responds to dairy in the same way. Talk with your doctor before adding dairy. For all patients it is best to avoid milk.
- Raw dairy has greater nutritional value.
- Fermented dairy is less immunologically reactive. Aged cheeses are fermented and contain no lactose for those who as sensitive. Hard cheeses have less fat.

Spices:

- To add a delightful flavor to your food choices, add whatever spices you enjoy.

Drink:

A MINIMUM of 6 to 8 glasses of spring, bottled, filtered or reverse-osmosis filtered water every day. Drink 1/2 your body weight in ounces of water daily. Sip the water, try to drink 1 glass per hour. A few drops of chlorophyll will add a pleasant taste. NO distilled water.
Small amounts of coconut milk are allowed. Mostly used for cooking.

For the time being, avoid the following foods:

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| • all grains | most dairy | all corn products |
| • commercial eggs | potatoes – red or white | alcohol |
| • all wheat products including | breads | white flour |
| • grain-feed animals | all fruit juices | trans-fats |
| • peanuts/ peanut butter | any processed food | fried foods |

Helpful Resources and Reading

- Make it Paleo by Bill Staley and Hayley Mason
- Quick and Easy Meals by Mark Sisson
- Well Fed by Melissa Joulwan