

PROTEIN	FATS, OILS, NUTS & SEEDS	FRUITS & VEGETABLES
<p> Beef Bison Chicken Duck Eggs Fish Goat Lamb Organ Meat Ostrich Seafood Turkey Venison/Game </p>	<p> Avocado Oil Beef Tallow Coconut Oil Duck Fat Ghee Lard Macadamia Oil Olive Oil Walnut Oil </p> <p> DAIRY is not permitted on the Paleo diet </p> <p> Almonds Cashews Hazelnuts Macadamia Nuts Pecans Pine Nuts Pistachio Nuts Pumpkin Seeds Sunflower Seeds </p>	<p> All fruits and vegetables are generally acceptable EXCEPT for legumes (so no beans, lentils, peas peanuts...) and high starch vegetables (such as corn and white potatoes). </p> <p> NO GRAINS such as rice, wheat, oats, barley... </p> <p> Honey is permitted </p> <p> Whilst our Palaeolithic ancestors would not have baked like we do today, foods such as almond flour, coconut flour, 100% cocoa powder are considered within the boundaries by most paleo followers. </p>