

Paleolithic diet (paleo diet), also popularly referred to as the caveman diet, Stone Age diet and hunter-gatherer diet, is a nutritional plan based on the presumed ancient diet of wild plants and animals that various human species habitually consumed during the Paleolithic—a period of about 2.5 million years duration that ended around 10,000 years ago with the development of agriculture. In common usage, such terms as the “Paleolithic diet” also refer to the actual ancestral human diet. Centered on commonly available modern foods, the “contemporary” Paleolithic diet consists mainly of meat, fish, vegetables, fruit, roots, and nuts (allowed foods), and excludes grains, legumes, dairy products, salt, refined sugar, and processed oils (non-paleo food).

1. **No Grains** (bread, rice, pasta, seitan, quinoa or any pseudo-grains)
2. **No Dairy** (butter, cream, yogurt, cottage cheese, goat cheese, etc.)
3. **No Legumes** (No beans, lentils, peanuts, tofu)
4. **No Sugar** (of any kind...honey, stevia, splenda, agave nectar, etc; including artificial sweeteners)
5. **No Processed Stuff** (nondairy creamers, shakes, bars, etc.)
6. **No Alcohol** (it’s only a couple weeks...relax and give it a chance)

Always try cooking meats with little added fat (ie broiling, baking, grilling)

Allowed Foods:

Proteins

- * Beef, pork, lamb (trimmed of visible fat)
 - * Poultry
 - * Extra Lean ground (7% fat or less)
 - * Fish
 - * Any other lean cut (grass fed or wild caught always preferred)
- Eggs (limit to 6 per week) (look for omega-3 enriched or free range)

Fruits and Vegetables

Organic or Local always preferred, buy what’s in season, mix up colors. Limit fruit if fat loss is your goal.

Fats are higher in calories. If you are trying to lose weight, you should their use.

Nuts – Unsalted macadamia, almonds, walnuts

Olive Oil

Avocado

Beverages

* Coffee

* Tea

* (avoid all sweeteners including artificial)

Paleo Sweets

* Nuts & seeds mixed with dried fruit & fresh fruits (with moderation)