

Food list for the Paleo Athlete

Carbohydrates (fresh or frozen, not canned)

Vegetables

Asparagus
parsnip
Radish
Broccoli
Lettuce
Mushrooms
Dandelion greens
Mustard greens
Watercress
Purslane
Onions
Green onions
Carrots
Parsley
Squash
Peppers (all)
Artichoke
Tomatoes
Cauliflower
Cabbage
Brussels sprouts
Celery
Cucumber
Collards
Swiss chard
Endive
Beet greens
Beets
Turnips
Rutabaga
Kohlrabi
Kale
Eggplant
Pumpkin
Turnip greens
Spinach
Seaweed

Fresh Fruit

Apples
Oranges
Pears
Peaches
Plums
Kiwis
Pomegranates
Grapes
Watermelon
Cantaloupe
Honeydew melon
Cassava melon
Pineapple
Guava
Nectarines
Apricots
Strawberries
Blackberries
Blueberries
Raspberries
Carambola
Cherimoya
Cherries
Grapefruit
Lemon
Lime
Lychee
Mango
Papaya
Passion Fruit
Persimmon
Tangerine
Starfruit
Gooseberries
Cranberries
Rhubarb
Avocado

Proteins (fresh or frozen, not canned)

Fish

Salmon
Halibut
Herring
Trout
Catfish
Bass
Mackerel
Cod
Scrod
Northern pike
Sunfish
Haddock
Grouper
Walleye
Flatfish
Red snapper
Monkfish
Rockfish
Perch tilapia
Striped bass
Turbot
Mullet
Bluefish
Drum
Eel
Orange roughy

Shellfish

Shrimp
Crayfish
Lobster
Crab
Oysters
Clams
Scallops
Mussels
Abalone
Whelk

Lean Meats (always trim visible fat)

Beef flank steak
Top sirloin steak
London broil
Chuck steak
Extra lean ground beef (drain excess fat)
Pork loin
Pork chops
Skinless chicken breast
Skinless turkey breast
Game hens
Eggs (omega-3-enriched)

Fats

Nuts & Seeds

Walnuts
Macadamia
Pecans
Pine nuts
Cashews
Pistachios
Sesame seeds
Hazelnuts
Pumpkin seeds
Brazil nuts
Sunflower seeds
Almonds
Coconuts

Oils

Olive
Flaxseed
Canola
Avocado
Walnut
(mix your olive oil with canola or flaxseed oil to get correct fatty acid balance.)

Post Workout Carbs

(only eat these post workout due to high glycemic load)

Vegetables

Sweet potatoes
Yams
Potatoes

Fruit

Raisins
Dates
Figs

* items in blue are not recommended for Paleo weight loss