

**T H E**

**PRIMITIVE  
NUTRITION**

**G R O U P**

## **Weekends Without Me Paleo Diet Food List**

I'm here to help you stay healthy over the weekends when your food is not being delivered.

It is a long list. Some of these foods are very tasty and you already love them, and many of them you probably avoid. But one thing is sure - all these foods are extremely healthy.

If you have any questions, email [info@primitive-nutrition.com](mailto:info@primitive-nutrition.com) and we'll answer them right away.

Enjoy!

## Allowed foods

- Lean meats
- Fish
- Shellfish
- Fruits and vegetables
- Nuts and seeds

Starting with meats, eat as much as you want for breakfast, lunch and dinner. Cook the meats simply without too much added fat – broiling, baking, roasting, sautéing or browning, then poring off excess liquid fat, or stir frying over high heat with a little oil (No deep fat frying).

## Lean Meats

Meat was the foundation of the hunter-gatherer's diet, and is featured heavily in the paleo diet. Any cut of meat is allowed, but leaner cuts, such as flank steak and top sirloin, are preferred.

Grass-fed beef is recommended over the more common grain-fed variety because it is leaner and more nutritious (according to scientists who know more than I do).

The paleo diet allows meat from all animal sources, including more exotic meats like bison and venison.

*You should avoid processed meats such as cold cuts, hot dogs and sausages.*

### Lean Beef (trimmed of visible fat)

- Flank Steak
- Top Sirloin Steak
- Extra Lean hamburger (7% fat or less)
- London broil
- Lean veal
- Chuck Steak
- Any other lean cut

### Lean Pork (trimmed of visible fat)

- Pork loin
- Pork Chops
- Any other lean cut

### Lean poultry (white meat, skin removed)

- Chicken breast

- Turkey breast
- Game hen breasts

### Eggs (limit to 6 per week)

Eggs are a popular protein source for most dieters. Although many diets recommend only eating the whites, whole eggs are recommended for the paleo diet. Because of their higher nutrient content, eggs from free-range chickens are recommended over those from caged chickens.

- Chicken (enriched omega 3 variety)
- Duck
- Goose

### Other meats

- Rabbit meat (any cut)
- Goat meat (any cut)

### Organ meats

- Beef, lamb, pork, chicken livers
- Beef, pork and lamb tongues
- Beef, lamb and pork marrow
- Beef, lamb and pork „sweetbreads“

### Game meat (A-Z)

- |                   |                               |               |
|-------------------|-------------------------------|---------------|
| • Alligator       | • Kangaroo                    | • Rattlesnake |
| • Bear            | • Muscovy duck                | • Reindeer    |
| • Bison (buffalo) | • New Zealand<br>Cervena deer | • Squab       |
| • Caribou         | • Ostrich                     | • Turtle      |
| • Elk             | • Pheasant                    | • Venison     |
| • Emu             | • Quail                       | • Wild boar   |
| • Goose           |                               | • Wild turkey |

## Fish

- Bass
- Bluefish  
Branzini (Mediterranean sea bass)
- Cod (Scrod is a young 2.5 lb or less cod)
- Drum
- Eel
- Flatfish
- Grouper
- Haddock
- Hailbut
- Herring
- Mackerel
- Monkfish
- Mullet
- Northern Pike
- Orange roughy
- Perch
- Red snapper
- Rockfish
- Salmon (fillet, steak, patties, smoked)
- Sardines
- Scrod
- Shark
- Striped bass
- Sunfish
- Swordfish
- Tilapia (St. Peters fish)
- Trout
- Tuna
- Turbot
- Walleye
- Any other commercially available fish

## Shellfish

- Aabalone
- Clams
- Crab
- Crayfish
- Lobster (live lobsters)
- Mussels
- Oysters
- Scallops
- Shrimp

## Fruits and Vegetables

If you love fruit and are convinced it is making you fat, don't worry. It won't make you fat on this diet, even in unlimited amounts. In fact, it's not easy to get 50% of your daily calories from fruits and vegetables because of the high bulk and low caloric density of fruits and salad vegetables.

Nuts are rich in calories. If you are trying to lose weight, you should eat only about 4 ounces of them a day. Also, except for walnuts, almost all nuts have high levels of omega 6 fats, and if eaten excessively, they can unbalance the ratio of omega 6 to omega 3 fats in your diet.

For ideal health, then, you should eat fruits and vegetables with every meal, along with moderate amounts of nuts, avocados, seeds, and healthful oils (flaxseed, canola, olive oil, and mustard seed). However, just because it's a vegetable doesn't mean it's good – or that it's on the list below. High carbohydrate, starchy tubers – potatoes, sweet potatoes and yams – are restricted on the Paleo Diet. Also, dried fruit should be eaten only in small amounts because it, too, can produce a high glycemic load (causing a rapid increase in the blood glucose level), particularly when you eat too much of it. When you're hungry or in doubt, start with a high protein, low fat food. Remember, lean protein is the most effective nutrient in reducing your appetite and boosting your metabolism to help you burn stored fat.

### Fruits

Fruits are recommended for the same reasons as vegetables, however dieters trying to lose weight may want to limit their fruit intake due to the naturally occurring sugar in fruit.

- Apple
- Apricot
- Avocado
- Banana
- Blackberries
- Boysenberries
- Blueberries
- Cantaloupe
- Carambola
- Cherries
- Cherimoya
- Cranberries
- Gooseberries
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarine
- Orange
- Papaya
- Passion Fruit
- Pears
- Pineapple
- Peaches
- Persimmon
- Plums
- Pomegranate
- Raspberries
- Rhubarb
- Tangerine
- Watermelon
- All other fruits

### Vegetables

Fibrous vegetables are highly recommended on the paleo diet because they are rich in fiber, vitamins and minerals. Starchy vegetables like potatoes and yams should be avoided.

- Artichoke
- Asparagus
- Beet Greens
- Beets
- Bell papers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collards
- Cucumber
- Dandelion
- Eggplant
- Endive
- Green Onions
- Kale
- Kohlerabi
- Lettuce
- Mushrooms
- Mustard Greens
- Onions
- Parsnip
- Pasley
- Peppers (all kinds)
- Pumpkin
- Purslane
- Radish
- Rutabaga
- Seaweed
- Spinach
- Squash (all kinds)
- Swiss Chard
- Tomatillos
- Tomato
- Turnip Greens
- Turnips
- Watercress

### Nuts and Seeds

If you are actively losing weight, you should eat no more than 4 ounces of nuts and seeds a day. Walnuts are the best as they have most omega 3 ratio.

Nuts are recommended as a snack food while on the paleo diet because they are high in protein, healthy usaturated fats and fiber.

- Almonds
- Brazil Nuts
- Cashews
- Chestnuts
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pine Nuts
- Pistachios (unsalted)
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts

## **Foods You Can Eat in Moderation**

### **Oils**

Four tablespoons or less a day when weight loss is of primary importance.

- Olive
- Avocado
- Walnut
- Flaxseed
- Canola Oils

### **Beverages**

- Diet Sodas
- Coffee
- Tea
- Wine (2-4 oz glasses)
- Beer
- Spirits (4 oz)

### **Paleo Sweets**

- Dried Fruits (2 oz)

Nuts mixed with dried fruit and fresh fruits (no more than 4 oz nuts and 2 oz of dried fruit a day)

## Foods You Should Avoid

### Dairy Foods

All processed foods made with any dairy products

- Butter
- Cheese
- Nonfat dairy creamer
- Skim milk
- Dairy spreads
- Powdered Milk
- Frozen yogurt
- Ice Milk
- Low-fat Milk
- Ice cream
- Whole Milk
- Yogurt

### Cereal Grains

- Barley (barley soup, barley bread and all processed foods made with barley)
- Corn (corn on the cob, corn tortillas, corn chips, cornstarch, corn syrup)
- Millet
- Oats (steel-cut oats, rolled oats and all processed foods made with oats)
- Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes, rice flour and all processed foods made with rice)
- Rye (rye bread, rye crackers and all processed foods made with rye)
- Sorghum
- Wheat (bread, rolls, muffins, noodles, crackers, cookies, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread and all processed foods made with wheat or wheat flour)
- Wild rice

### Cereal Grain like Seeds

- Amaranth
- Buckwheat
- Quinoa

### Legumes

- All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, red beans, string beans, white beans)
- Black-eyed peas
- Chickpeas
- Peanuts
- Lentils
- Snowpeas
- Peas
- Sugar snap peas
- Peanut butter
- Miso
- Soybeans and all soybean products, including togu

## Starchy Vegetables

- Starch tubers
- Sweet potatoes
- Cassava root
- Yams
- Tapioca pudding
- Manioc
- Potatoes and all potato products (French fries, potato chips...)

## Salt-Containing Foods

- Bacon
- Processed Meats
- Pork ringds
- Cheese
- Salami
- Deli Meats
- Frankfurters
- Hot Dogs
- Ketchup
- Pickled foods
- Olives
- Salted nuts
- Salted spices
- Sausages
- Smoked, dried and salted fish / meat
- Virtually all canned meats or fish (unless you soak /drain them)

## Fatty Meats

- Bacon
- Fatty beef roasts
- Beef ribs
- Fatty cuts of beef
- Fatty ground beef
- T-bone steaks
- Chicken and turkey legs
- Chicken and turkey skin
- Chicken and turkey tights and wings
- Fatty pork chops
- Fatty pork roasts
- Pork ribs
- Pork sausage
- Lamb chops
- Lamb roasts
- Leg of lamb

## Soft drinks and Fruit Juices

- All sugar soft drinks

## Sweets

- Candy
- Honey
- Sugars

Congratulations you've made it! :) As you can notice, the paleo diet food list is very long and maybe a little bit boring but we are sure that from now on it will be useful resource for you. Now when you are completely familiar with complete paleo diet food list what else to say? Good Luck with your Paleo Diet! Go to top!