

Questions? Email me at [strong.solutions.coaching@gmail.com](mailto:strong.solutions.coaching@gmail.com)

If you're new to Paleo, you probably wonder *What in the world can I eat?* While meat, seafood, veggies, fruit, some starch and no sugar leave the door wide open, it can also narrow the slate for some. Below is a food list of what to eat and what not to eat. It is adapted and modified for what I believe is okay.

**MEAT** - Eat as much as you want of the following foods for breakfast, lunch, snacks & dinner. Cook the meats simply - broil, bake, roast, saute, brown, or stir fry. One quick note: We want to increase sources of great quality fats. Feedlot beef, battery raised pork, & shut-up pigs, however, are not a source of quality fat. This is why I recommend lean meats or cutting off the fat. If grassfed, pastured, or free-range... eat it all! :)

### **Lean Beef (trimmed of visible fat)**

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

### **Lean Pork (trimmed of visible fat)**

- Pork loin
- Pork chop
- Any other lean cut

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

- Chicken breast
- Game hen breasts
- Turkey breasts

### **Eggs - pastured/free-range best**

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

### **Organ meats**

- Beef, lamb, pork, chicken **livers**
- Beef, pork and lamb **tongues**
- Beef, lamb and pork **marrow**
- Beef, lamb and pork **"sweetbreads"**

### **Other meats**

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

### **Game meat**

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

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### **Fish (Wild-caught best)**

- Bass
- Bluefish
- Cod
- Drum
- Eel
- Flatfish
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Monkfish
- Mullet
- Northern Pike
- Orange roughy
- Perch
- Red snapper
- Rockfish
- Salmon
- Scrod
- Shark
- Striped bass
- Sunfish
- Tilapia
- Trout
- Tuna
- Turbot
- Walleye
- Any other commercially available fish

### **Shellfish**

- Abalone
- Clams
- Crab
- Crayfish
- Lobster
- Mussels
- Oysters
- Scallops
- Shrimp

VEGETABLES - Eat as much as you want of the following vegetables.

### **Vegetables**

- Asparagus
- Artichoke
- Beet Greens
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Collards
- Cucumber
- Dandelion
- Eggplant
- Endive
- Garlic
- Green Onions
- Kale
- Kohlrabi
- Lettuce
- Mushrooms
- Mustard Greens
- Onions
- Parsley
- Peppers (all kinds)
- Purslane
- Radish
- Seaweed
- Spinach
- Squash (all kinds)
- Swiss Chard
- Tomatillos
- Tomato
- Turnip Greens
- Watercress

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FRUIT- While fruit is for your enjoyment it should be limited or avoided if fat loss is a primary goal... especially if you have a lot to lose. This is especially true with dried fruits. The fruits that are highest in sugar are marked by an asterisk\*. *Best time to eat fruit or \* fruits?* Within 30 min. post-workout.

### **Fruits**

- Apple
- Apricot
- Avocado
- Banana\*
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Carambola
- Cassava Melon
- Cherimoya
- Cherries\*
- Coconut
- Cranberries
- Figs
- Gooseberries
- Grapes\*
- Grapefruit
- Guava\*
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Lychee
- Mango\*
- Nectarine
- Orange
- Papaya
- Passion Fruit
- Peaches\*
- Pears
- Persimmon
- Pineapple\*
- Plums
- Pomegranate
- Raspberries
- Rhubarb
- Star Fruit
- Strawberries
- Tangerine
- Watermelon\*

NUTS & SEEDS - are great, but easily overeaten. They are an easy source of fat, but almost all nuts have a very high concentration of *omega-6* fats that should be avoided. If fat loss is your goal, limit nuts and seeds to 2 oz. per day. I suggest using them as a garnish instead of a staple.

### **Nuts & Seeds**

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

Quality fats are essential to fat loss. Eating fat DOES NOT make you fat! Mix and match these quality sources on your meats and veggies. \*Not ideal, but okay.

### **Quality fats**

- Almond butter (snack!)
- Avocado/avocado oil (on salads)
- Butter\* (pastured is best)
- Coconut milk (organic, in a can)
- Coconut oil (organic)
- Egg yolks
- Fish (salmon, sardines, etc.)
- Flax seed oil (Refrigerated, mayo/salads)
- Lard (non-hydrogenated, high-temp cooking)
- Macadamian nut oil (great for baking)
- Olive oil (buy in dark container, saute/mayo)
- Tallow (from beef, pastured, high-temp cooking)

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EAT IN MODERATION - The following foods are okay, but should not be a main staple of your diet. Eat the following foods in moderation, a.k.a. NOT every day.

### **Meats**

- Bacon
- Deli meats (NO GLUTEN)
- Lamb
- Ribs (Beef, pork)
- Ribeye
- Sausage
- T-bone steak

### **Fruit/Nuts**

- Dried fruit (~2 oz. per day)
- Nuts (2 oz. per day)

### **Dark Chocolate (70% or higher)**

- 2 sq. occasionally

SAFE STARCHES are sometimes condemned yet necessary for gut health (feeding microbiota). Starches are best post-workout (within 30 min.). Otherwise, eat once per day if fat loss is your primary goal.

### **Safe starches**

- Beets
- Carrots
- Cassava root
- Jicama
- Leeks
- Parsnips
- Pumpkin
- Rutabega
- Sweet potatoes
- Tarro
- Turnips
- White potatoes, all varieties
- Winter squash (butternut, etc.)
- Other starchy tubers

SAFE PRODUCTS - The following products are great to use as condiments, in salad dressings, stir fry's, etc. They are gluten-free and generally safe to use.

### **Safe Products**

- Almond Milk (unsweetened)
- Apple cider vinegar
- Balsamic vinegar
- Coconut Milk (unsweetened)
- Coconut yogurt (unsweetened)
- Gluten-free hot sauces
- Honey (occasionally)
- Maple Syrup (occasionally)
- Spices, all
- Tamari sauce (wheat-free soy sauce)

DRINKS - You guessed it. No sugar is best. Enjoy the following drinks.

### **Drinks**

- Coffee, black
- Grapefruit juice, unsweetened
- Hot teas, unsweetened
- Iced tea, unsweetened
- Nut milks, unsweetened
- Water

## **AVOID the following foods all the time.**

**GRAINS & GRAIN-LIKE SEEDS** - Grains damage your gut. Period. Be fastidious about label-reading and avoid these harmful substances at all possible costs. Gluten-containing foods marked by an asterisk\*. Note: although oats are not specifically gluten-containing, they are almost always processed in a facility that processes gluten-containing foods and are thus cross-contaminated.

### **Cereal Grains**

- Barley\* (barley soup, barley bread, & 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 & all processed foods made with oats)
- Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes, rice flour, & all processed foods made with rice)
- Rye\* (rye bread, rye crackers, & all processed foods made with rye)
- Sorghum

- Wheat\* (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, & all processed foods made with wheat or wheat flour)
- Wild rice

### **Grain-like Seeds**

- Amaranth
- Buckwheat
- Cous cous
- Quinoa

**LEGUMES**- Avoid legumes for the same reason as grains. They damage your gut. Period. After repairing you gut, you'll be fine if you eat some of the following **OCCASIONALLY** (e.g. 1x/3 months). Note: Green beans and sugar snap peas seem to be okay for most people. Avoid the foods with the asterisk **ALWAYS**.

### **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
- Lentils
- Miso
- \*Peanuts & all peanut products, including peanut butter
- Peas
- Snowpeas
- \*Soybeans & all soybean products, including tofu, soy sauce

**VEGETABLE OILS**- The following vegetable oils wreck your body with mega-doses of *inflammatory omega-6* fatty acids. Save your body and avoid these at all possible costs.

### **Vegetable Oils & Hydrogenated Oils**

- Canola oil
- Corn oil
- Margarine, all kinds
- Palm oil
- Peanut oil
- Safflower oil
- Soybean oil
- Sunflower Oil

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**SUGAR** - If you want to live longer without disease, don't eat these foods. I promise your taste for them will go away eventually. **FRUCTOSE** is especially harmful to your body.

### **Sugar**

- Agave syrup (all fructose)
- ALL artificial sweeteners
- Corn syrup
- Fruit juices, all
- High-Fructose Corn Syrup
- Soft drinks
- Table sugar

**DAIRY** - Most folks have problems with dairy, even if they don't know it. Lactose and casein in dairy are problematic and should be avoided. If you can tolerate dairy, raw fermented dairy is usually great as well as pastured butter and raw milk. If weight loss is a top priority or you are at a plateau that won't budge, **AVOID** the following products.

### **Dairy**

- All processed foods made with any dairy products
- Butter
- Cheese
- Cream
- Dairy spreads
- Frozen yogurt
- Ice cream
- Low-fat Milk
- Nonfat dairy creamer
- Powdered Milk
- Skim milk
- Whole milk
- Yogurt

## **Indulging**

If you want it, get it. This lifestyle is NOT about drudgery! Just follow these guidelines:

- **When you *indulge*, splurge, cheat, etc. make it gluten-free.**
  - Use almond flour or coconut flour in place of wheat flour.
  - Eat a corn tortilla at Mexican restaurants.
  - White rice instead of brown rice (e.g. sushi!), but don't eat the soy sauce (it has gluten!).
- **Limit the **FRUCTOSE**.**
  - Fructose metabolizes like alcohol. Save your liver and limit the fructose sources like corn syrup.
- **Heavy whipping cream is okay.**
  - Cream is all fat and no lactose and casein. Put a dollop in your coffee, make hot chocolate, whip up some whipped cream, or churn some ice cream for a special treat!
- **Coconut milk ice cream is delicious!**
  - Lots of sugar, yes, but a better option for those who don't tolerate dairy well.
- **Know that the more sugar you eat, the more you will crave it the day after... intriguingly like crack.**