

<u>100% Paleo</u>	<u>80% Paleo</u>	<u>50% Paleo</u>	<u>25% Paleo</u>
PROTEINS:	If you have added in any of the following consider it an "80% day," (MAX 2 servings):	If you have added in any of the following consider it an "50% day," (MAX 2 servings):	If you have added in any of the following consider it an "25% day," (MAX 2 servings):
Lean Meats	LEGUMES:	WHOLE GRAINS:	DAIRY:
<ul style="list-style-type: none"> •Lean beef (trimmed of visible fat) •Lean veal •Lean pork (trimmed of visible fat) •Any other lean cut 	<ul style="list-style-type: none"> •All beans •Black-eyed peas •Chickpeas •Lentils •Peas •Miso •Peanut butter •Peanuts •Snowpeas •Sugar snap peas •Soybeans and all soybean products, including tofu 		Use Organic, Whole Fat!
Lean poultry (white meat, skin removed)		WILD RICES:	BEVERAGES:
<ul style="list-style-type: none"> •Chicken breast •Turkey breast •Game hen breasts 		<i>NO "WHITES"!</i>	<ul style="list-style-type: none"> •Diet Sodas •Sweetened Beverages •Alcohol
Eggs (limit to six yolks a week)			<i>NO Fast Food!</i>
Organ meats			<i>NO Processed Food!</i>
Game meat			
Fish			
Shellfish	STARCHY VEGETABLES:		
CARBOHYDRATES:	<ul style="list-style-type: none"> •Starchy tubers •Cassava root •Manioc •Potatoes and all potato products •Yams 		
Fruit			
<ul style="list-style-type: none"> •Fresh or Frozen, no Dried or Canned (which contain added sugar!) 			
Vegetables			
<ul style="list-style-type: none"> •Lots of Leafy Greens! 			
NO Starchy Vegetables			
<ul style="list-style-type: none"> •Starchy tubers •Cassava root •Potatoes and all potato products (French fries, potato chips, etc.) •Yams 			
FATS: (Use in moderation- 4 Tbls or less a day when weight loss is of primary importance)			
Nuts and Seeds			
<ul style="list-style-type: none"> •No Cashews or Peanuts! 			
BEVERAGES:			
<ul style="list-style-type: none"> •Water •Tea •Black Coffee 			