

The Paleolithic Diet

The Paleo Diet is based on what researchers imagine was the typical diet of our Paleolithic (Stone Age) ancestors who were hunter-gatherers. The principal is that a high protein, low carb, no grains, and no dairy diet most closely resembles what a Paleolithic diet consisted of. This diet is similar to a Keto diet in that there are limited carbs and sugars plus no grains, but very different from the Keto diet because there is also no dairy and only limited vegetables. This approach to eating is helpful for the lactose intolerant and those that are gluten-free, but it also further limits your food options beyond what a Keto diet allows.

For the Paleo diet you do still need to be cautious since the protocol is not a balanced diet and having too much red meat can be a problem for some people. The basics of the diet include lean meats, salmon, shellfish, eggs, nuts, and healthy fats. You can also have non-starchy vegetables plus starchy winter squashes and sweet potatoes in moderation. Fruit is eaten sparingly due to the natural sugars but all forms of grain are excluded as well as processed foods. These restrictions make the Paleo diet good for weight loss since it's high protein and low carb.

Approximate Daily Nutrient Breakdown

30% - 35% daily from Fats
 35% - 40% daily from Carbs
 20% - 25% daily from Protein

Approximate Daily (g) per category (varies by person)

50 – 100 (g) daily from Fats
 100 – 150 (g) daily from Carbs
 40 – 90 (g) daily from Protein

Benefits of a Paleo Diet:

| | | | |
|---------------------|--------------------------|-------------------------|------------------------------|
| Weight loss | Appetite suppression | Increased fat burning | Increased endurance |
| Reduced fat storage | Increased belly fat loss | Improved glucose levels | Stabilized energy levels |
| Lowered BMI | Anti-inflammatory diet | Lowered triglycerides | Increased "good" cholesterol |
| Reduced allergies | Hair & skin benefits | Mental Clarity | Improved mood & attitude |
| Improved sleep | Less bloating & gas | Healthier gut flora | Better nutrient absorption |

Paleo Diet Foods & Nutritional Information

| <u>PROTEINS (4 oz. serving)</u> <u>(Beef/Pork/Chicken/Turkey/Lamb)</u> | <u>CALORIES</u> | <u>FATS (g)</u> | <u>CARBS (g)</u> | <u>PROTEIN (g)</u> |
|---|-----------------|-----------------|------------------|--------------------|
| Ribeye Steak (similar fatty cuts) | 300 | 20 | 1 | 27 |
| Beef Roast | 200 | 9 | 0 | 28 |
| Veal | 160 | 5 | 0 | 26 |
| Ground Beef (80/20 fat) | 280 | 23 | 0 | 19 |
| Beef Sausage (1 link) | 88 | 7 | 1 | 4 |

| | | | | |
|------------------------------------|-----|----|---|----|
| Beef Hot Dog (1) | 163 | 14 | 2 | 6 |
| Liver | 150 | 4 | 4 | 23 |
| Ham (cured – 11% fat) | 211 | 10 | 0 | 29 |
| Bacon (regular cut – 4 slices) | 540 | 50 | 1 | 22 |
| Pork Chop | 200 | 18 | 0 | 30 |
| Pork Loin | 212 | 10 | 0 | 28 |
| Ground Pork (79/21 fat) | 298 | 24 | 0 | 19 |
| Pork Sausage (1 link) | 86 | 7 | 1 | 4 |
| Pork Hot Dog (1) | 170 | 16 | 1 | 6 |
| Chicken – Dark Meat (with skin) | 275 | 18 | 0 | 25 |
| Chicken – Dark Meat (without skin) | 200 | 10 | 0 | 25 |
| Chicken Breast (with skin) | 194 | 11 | 0 | 24 |
| Chicken Breast (without skin) | 124 | 1 | 0 | 26 |
| Ground Chicken (breast) | 140 | 0 | 0 | 21 |
| Chicken Sausage (1 link) | 63 | 2 | 1 | 4 |
| Chicken Hot Dog (1) | 143 | 12 | 2 | 6 |
| Turkey – Dark Meat (with skin) | 194 | 9 | 0 | 26 |
| Turkey – Dark Meat (without skin) | 162 | 5 | 0 | 28 |
| Turkey Breast (with skin) | 175 | 6 | 0 | 29 |
| Turkey Breast (without skin) | 137 | 1 | 0 | 31 |
| Ground Turkey (85/15 fat) | 184 | 12 | 0 | 21 |
| Turkey Sausage (1 link) | 45 | 0 | 1 | 5 |
| Turkey Hot Dog (1) | 136 | 8 | 1 | 6 |
| Lamb Chop | 300 | 25 | 0 | 19 |
| Ground Lamb | 330 | 27 | 0 | 23 |

(Seafood)

| | | | | |
|--------------------------|-----|----|---|----|
| Salmon | 210 | 12 | 0 | 23 |
| Mackerel | 261 | 16 | 0 | 21 |
| Herring | 179 | 10 | 0 | 20 |
| Sardines (canned in oil) | 238 | 15 | 1 | 23 |
| Anchovies | 162 | 5 | 0 | 26 |
| Tuna (fresh fillet) | 123 | 1 | 0 | 27 |
| Tuna (canned in oil) | 218 | 9 | 0 | 32 |

PROTEINS (4 oz. serving) CALORIES FATS (g) CARBS (g) PROTEIN (g)

(Seafood - continued)

| | | | | |
|---------------|-----|---|---|----|
| Trout | 168 | 7 | 0 | 24 |
| Halibut | 114 | 2 | 0 | 22 |
| Cod | 93 | 1 | 0 | 20 |
| Catfish | 121 | 5 | 0 | 18 |
| Mahi-Mahi | 96 | 1 | 0 | 21 |
| Sea Bass | 125 | 1 | 0 | 24 |
| Orange Roughy | 186 | 1 | 0 | 18 |
| Tilapia | 208 | 2 | 9 | 22 |
| Shrimp | 110 | 3 | 4 | 18 |

| | | | | |
|--|-----|---|---|----|
| Crab (fresh – not imitation) | 98 | 1 | 0 | 20 |
| Lobster | 96 | 1 | 0 | 20 |
| Scallops | 89 | 1 | 4 | 11 |
| Oysters (about 8 fresh oysters – not canned) | 100 | 3 | 5 | 10 |
| Clams | 91 | 1 | 4 | 16 |
| Mussels | 146 | 4 | 6 | 15 |
| Egg (1 large) | 71 | 5 | 0 | 7 |
| Egg Substitute (1/4 cup) | 57 | 0 | 2 | 8 |

(Vegan Protein Options)

| | | | | |
|--------------------------------------|-----|----|----|----|
| Tofu (4 oz. extra firm – cubed) | 65 | 2 | 2 | 8 |
| Tempeh (4 oz. – cubed) | 222 | 13 | 11 | 21 |
| Seitan (4 oz. – cubed) | 130 | 2 | 5 | 24 |
| Textured Vegetable Protein (1/4 cup) | 80 | 0 | 7 | 12 |

(Protein Powders are acceptable but carefully check the nutritional panel for Calories/Fats/Carbs/Protein)

(Vegan Dairy Options)

| | | | | |
|---|-----|----|---|---|
| Soy Milk (1 cup – plain/unsweetened) | 115 | 4 | 9 | 8 |
| Coconut Milk (1 cup – plain/unsweetened carton) | 60 | 5 | 1 | 1 |
| Almond Milk (1 cup – plain/unsweetened) | 50 | 3 | 6 | 1 |
| Cashew Milk (1 cup – plain/unsweetened) | 45 | 2 | 6 | 0 |
| Hemp Milk (1 cup – plain/unsweetened) | 75 | 7 | 1 | 2 |
| Soy Yogurt (1 cup – plain/unsweetened) | 65 | 3 | 1 | 5 |
| Coconut Yogurt (1 cup – plain/unsweetened) | 58 | 3 | 9 | 0 |
| Soy Mayonnaise (2 Tbsp.) | 70 | 6 | 5 | 1 |
| Tofu Mayonnaise (2 Tbsp.) | 97 | 10 | 1 | 2 |

NUTS/NUT BUTTERS (varied amt.)

| | <u>CALORIES</u> | <u>FATS (g)</u> | <u>CARBS (g)</u> | <u>PROTEIN (g)</u> |
|--|------------------------|------------------------|-------------------------|---------------------------|
| Almonds (1/4 cup – whole; approx. 24 nuts) | 158 | 13 | 6 | 6 |
| Almond Butter (2 Tbsp.) | 199 | 18 | 7 | 6 |
| Macadamia Nuts (1/4 cup – whole) | 240 | 25 | 5 | 3 |
| Macadamia Nut Butter (2 Tbsp.) | 217 | 22 | 4 | 3 |
| Cashews (1/4 cup – whole) | 179 | 14 | 10 | 5 |
| Cashew Butter (2 Tbsp.) | 177 | 15 | 9 | 6 |
| Pecans (1/4 cup – whole) | 179 | 18 | 3 | 2 |
| Pecan Butter (2 Tbsp.) | 217 | 22 | 3 | 4 |
| Pistachios (1/4 cup – shelled) | 171 | 14 | 9 | 6 |
| Pistachio Butter (2 Tbsp.) | 168 | 13 | 9 | 7 |
| Walnuts (1/4 cup – whole; approx. 13 nuts) | 131 | 17 | 4 | 4 |
| Walnut Butter (2 Tbsp.) | 215 | 20 | 2 | 5 |
| Hazelnuts (1/4 cup – whole) | 212 | 21 | 6 | 5 |
| Hazelnut Butter (2 Tbsp. w/chocolate) | 183 | 14 | 13 | 3 |
| Brazil Nuts (1/4 cup – whole) | 188 | 19 | 4 | 4 |
| Pine Nuts (1/4 cup – whole) | 225 | 23 | 5 | 5 |
| Cocoa Butter (2 Tbsp.) | 239 | 27 | 0 | 0 |

SEEDS (2 Tbsp. serving)

| | <u>CALORIES</u> | <u>FATS (g)</u> | <u>CARBS (g)</u> | <u>PROTEIN (g)</u> |
|--|------------------------|------------------------|-------------------------|---------------------------|
| Chia Seeds | 139 | 9 | 12 | 5 |
| Flax Seeds | 100 | 7 | 5 | 3 |
| Pumpkin Seeds/Pepitas (roasted & salted) | 137 | 6 | 5 | 7 |
| Sunflower Seeds (roasted & salted) | 129 | 11 | 5 | 5 |
| Sesame Seeds | 104 | 9 | 4 | 3 |
| Poppy Seeds | 95 | 7 | 5 | 3 |

OILS (2 Tbsp. serving)

| | <u>CALORIES</u> | <u>FATS (g)</u> | <u>CARBS (g)</u> | <u>PROTEIN (g)</u> |
|---|------------------------|------------------------|-------------------------|---------------------------|
| Olive Oil (extra virgin/cold pressed) | 240 | 28 | 0 | 0 |
| Avocado Oil (extra virgin/cold pressed) | 248 | 28 | 0 | 0 |
| Coconut Oil (extra virgin/cold pressed) | 233 | 27 | 0 | 0 |
| Flaxseed Oil (use sparingly) | 240 | 28 | 0 | 0 |

VEGETABLES (1 cup serving)

| | <u>CALORIES</u> | <u>FATS (g)</u> | <u>CARBS (g)</u> | <u>PROTEIN (g)</u> |
|-------------------------------|------------------------|------------------------|-------------------------|---------------------------|
| Broccoli (1/2 inch pieces) | 31 | 0 | 6 | 3 |
| Cauliflower (1/2 inch pieces) | 27 | 0 | 6 | 2 |
| Carrots (1/4 inch slices) | 50 | 0 | 12 | 1 |
| Tomatoes (chopped) | 35 | 0 | 7 | 2 |
| Cucumber (1/4 inch slices) | 16 | 0 | 4 | 1 |
| Celery (1/4 inch slices) | 15 | 0 | 3 | 1 |
| Onion (chopped) | 60 | 0 | 2 | 1 |
| Asparagus (1 inch pieces) | 20 | 0 | 4 | 2 |
| Zucchini (1/4 inch slices) | 20 | 0 | 4 | 1 |
| Leeks (chopped) | 54 | 0 | 13 | 1 |

VEGETABLES (1 cup serving)

| | <u>CALORIES</u> | <u>FATS (g)</u> | <u>CARBS (g)</u> | <u>PROTEIN (g)</u> |
|---|------------------------|------------------------|-------------------------|---------------------------|
| Fennel (chopped) | 27 | 0 | 6 | 1 |
| Beets (1/4 inch slices) | 58 | 0 | 13 | 2 |
| Brussels Sprouts (whole) | 38 | 0 | 8 | 3 |
| Bell Pepper (chopped – green, yellow, red) | 60 | 0 | 7 | 1 |
| Mushrooms (chopped) | 19 | 0 | 3 | 2 |
| Eggplant (1 inch cubes) | 20 | 0 | 5 | 1 |
| Spaghetti Squash (1 inch cubes) | 31 | 1 | 7 | 1 |
| Butternut Squash (1 inch cubes) | 63 | 0 | 16 | 1 |
| Acorn Squash (1 inch cubes) | 56 | 0 | 15 | 1 |
| Cabbage (chopped) | 20 | 0 | 5 | 1 |
| Spinach (chopped) | 7 | 0 | 1 | 1 |
| Lettuce (chopped – dark varieties are best) | 8 | 0 | 2 | 1 |
| Endive (chopped) | 7 | 0 | 2 | 1 |
| Radicchio (chopped) | 9 | 0 | 2 | 1 |
| Kale (chopped) | 34 | 0 | 7 | 2 |
| Kohlrabi (chopped) | 36 | 0 | 8 | 2 |

| | | | | |
|--|----|---|---|---|
| Bok Choy (chopped) | 9 | 0 | 2 | 3 |
| Swiss Chard (chopped) | 7 | 0 | 1 | 1 |
| Collard Greens (chopped) | 11 | 0 | 2 | 1 |
| Bamboo Shoots (1/2 inch slices) | 42 | 0 | 8 | 4 |
| Black Olives (10 olives – whole) | 51 | 4 | 3 | 0 |
| Green Olives (10 olives – whole w/ pimento) | 55 | 4 | 2 | 0 |
| Radishes (1/2 cup - thin slices) | 10 | 0 | 2 | 0 |
| Chives (2 Tbsp. – chopped) | 2 | 0 | 0 | 0 |
| Miso Paste (2 Tbsp.) | 60 | 2 | 9 | 3 |

FRUIT (1/2 cup serving)

| | <u>CALORIES</u> | <u>FATS (g)</u> | <u>CARBS (g)</u> | <u>PROTEIN (g)</u> |
|----------------------------------|------------------------|------------------------|-------------------------|---------------------------|
| Avocado (sliced) | 117 | 11 | 6 | 2 |
| Coconut (unsweetened – shredded) | 264 | 24 | 7 | 2 |
| Strawberries (whole) | 24 | 0 | 6 | 1 |
| Blueberries (whole) | 43 | 0 | 11 | 1 |
| Raspberries (whole) | 33 | 0 | 8 | 1 |
| Blackberries (whole) | 31 | 0 | 7 | 1 |
| Cherries (whole with pit) | 37 | 0 | 9 | 1 |
| Watermelon (1 inch cubes) | 24 | 0 | 6 | 0 |
| Cantaloupe (1 inch cubes) | 27 | 0 | 7 | 0 |
| Honeydew (1 inch cubes) | 31 | 0 | 8 | 0 |
| Lime (sections and zest) | 20 | 0 | 7 | 1 |
| Lemon (sections and zest) | 33 | 0 | 10 | 1 |
| Orange (sections and zest) | 65 | 0 | 16 | 2 |
| Grapefruit (sections and zest) | 44 | 0 | 11 | 1 |
| Banana (medium) | 105 | 0 | 27 | 1 |

FRUIT (1/2 cup serving)

| | <u>CALORIES</u> | <u>FATS (g)</u> | <u>CARBS (g)</u> | <u>PROTEIN (g)</u> |
|----------------|------------------------|------------------------|-------------------------|---------------------------|
| Kiwi (medium) | 42 | 0 | 10 | 1 |
| Peach (medium) | 59 | 0 | 14 | 1 |
| Grapes (whole) | 31 | 0 | 8 | 1 |

BEVERAGES/LIQUIDS/MISC.

Water: still or sparkling; a staple on the diet for proper hydration

Coffee: black (in moderation) without sweeteners/flavorings of any kind

Tea: black, green (matcha), and herbal are best; Kombucha is also allowed

Alcohol: best avoided, but hard liquor is the best choice; no beer or wine; slows weight loss

Broth: organic bone broth is best, watch for added sugars & check the nutritional facts for details

Flavorings: packets flavored with stevia are fine in moderation; allowed citrus items are best

Artificial Sweeteners: Stevia, Xylitol, Erythritol, Cucralose, Sweet n' Low (saccharin); use all sparingly (known to be sweeter than sugar; can cause sugar cravings on the diet)

Spices: fresh or dried are fine; opt for powders and avoid salts; carefully read labels on dried varieties
Condiments: low/no sugar is best (carefully read labels & account for ingredients); use sparingly