

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 Protein
 20% - 25% daily from Carbs

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

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

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