

Paleo Scafe's

EAT/DON'T EAT LIST

EAT

Meat (preferably grass-fed!)

Fowl (aka things with wings- chicken, turkey, duck)

Fish (preferably wild, not farmed)

Eggs

Vegetables

Oils (olive oil, avocado oil, coconut oil or other unrefined oils)

Fruits (in limited amounts)

Nuts & seeds

Sweet potatoes

DON'T EAT

Beans/legumes (including peanuts)

Soy

Grains (including corn)

Gluten

Sugar

Artificial sweeteners (Equal, Splenda, Sweet n' Low, corn syrup, etc.)

Dairy

Refined vegetable oils

Processed foods