

THE MODERN PALEO SURVIVAL GUIDES



MODERN PALEO FOODS

This guide will help you navigate what foods are Paleo, what foods are Modern Paleo and what foods you should avoid if you want to Live to 110. Modern Paleo Foods can be in your diet if you do not have a food sensitivity to them – in other words if you have adapted to them.

	PALEO	MODERN PALEO	NOT PALEO / AVOID
PROTEIN	<ul style="list-style-type: none"> Meat Offal or organ meat Poultry + Eggs Fish + Seafood Pork 		<ul style="list-style-type: none"> Any meat that is breaded or prepared with grains, sugar or vegetable/seed oils
FAT	<ul style="list-style-type: none"> Beef tallow + duck fat + lard Paleo Oils: Coconut, Palm, Macadamia, Avocado + Olive Ghee 	<ul style="list-style-type: none"> Full-fat raw grass fed dairy (milk, butter, ghee, cream, yogurt + kefir) 	<ul style="list-style-type: none"> Shortening + Margarines Vegetable/seed oils: Soybean, Canola, Cottonseed, Sunflower, Safflower, Grapeseed, Peanut + Corn
PLANTS	<ul style="list-style-type: none"> Vegetables Fruits Nuts + nut butters Seeds (sunflower, flax, + pumpkin seeds) Nut Flours (almond) Coconut flour 	<ul style="list-style-type: none"> Potatoes + Tubers Fermented non-gluten grains + pseudo-grains (corn, rice, amaranth, quinoa, sorghum, buckwheat + gluten-free oats) Legumes (beans + lentils) Green beans + peas are best Fermented Soy (tempeh, soy sauce, natto) 	<ul style="list-style-type: none"> Gluten-containing products (wheat, barley, rye + some oats) - bread, breakfast cereals, pizza, tortillas, oatmeal, pasta, granola bars, cakes, cookies, etc. Soy + tofu Peanuts
DRINKS	<ul style="list-style-type: none"> Water + Coconut Water Herbal Tea 	<ul style="list-style-type: none"> Alcohol (gluten-free) Coffee Caffeinated Teas Kombucha 	<ul style="list-style-type: none"> Alcohol (containing gluten) Juices, soda + other sugary drinks Diet soda
MISC	<ul style="list-style-type: none"> Spices + herbs Vinegar Fermented Vegetables Bone broths (homemade) 	<ul style="list-style-type: none"> Dark Chocolate (at least 70% cacao) Unprocessed sugar (raw honey, maple syrup) Natural calorie-free sweeteners (stevia, xylitol and Lakanto) 	<ul style="list-style-type: none"> Sugar (white sugar, brown sugar, agave syrup, corn syrup) Chemical ingredients Artificial sweeteners All processed foods