



EAT THIS!

The following foods are encouraged on a Paleo Diet
Updated June 2016

REBELHEALTH

MEATS (Protein/Fat)	VEGGIES (Carbs)	NUTS/OILS/SEEDS (Fat)	FRUITS (Carbs)
<p><i>Goal=quality: natural/farm-raised from a known source.</i></p> <p>Bacon-uncured (fat) <i>No Preservatives; Happy Pigs</i></p> <p>Beef <i>Fattier if grass-fed; Leaner if conventional</i></p> <p>Bison</p> <p>Canned tuna/salmon <i>Wild</i></p> <p>Chicken</p> <p>Deli Meat-limited <i>Preservative free; look for quality natural, uncured</i></p> <p>Eggs <i>Local, farm-raised</i></p> <p>Fish <i>All kinds</i></p> <p>Game <i>Alligator, elk, venison, rabbit</i></p> <p>Jerky <i>Sugar, preservative free</i></p> <p>Organ Meat <i>Liver, marrow, "sweetbreads", tongue...</i></p> <p>Pork</p> <p>Poultry <i>Turkey, chicken, duck, quail...</i></p> <p>Rabbit</p> <p>Shellfish <i>Crab, lobster, scallops, shrimp, clams, oysters, mussels...</i></p> <p>Squid</p> <p>Sardines</p> <p>Sausages <i>**Sausages are typically more fat than protein.</i></p> <p>SAFE STARCHES</p> <p>Boniato</p> <p>Ripe Plantains</p> <p>Squash/Pumpkin <i>(all kinds)</i></p> <p>Sweet/White Potatoes</p> <p>Yams</p> <p>Yucca</p>	<p><i>Go for organic when you can, and when "indicated". See the EWG's Dirty Dozen List.</i></p> <p>Asparagus</p> <p>Artichoke</p> <p>Bell peppers</p> <p>Beets/Greens</p> <p>Broccoli</p> <p>Brussels Sprouts</p> <p>Cabbage</p> <p>Carrots</p> <p>Cauliflower</p> <p>Celery</p> <p>Cucumber</p> <p>Eggplant</p> <p>Greens, all types</p> <p>Green Beans</p> <p>Lettuce, all types</p> <p>Mushrooms</p> <p>Onions</p> <p>Parsnips</p> <p>Peppers, all kinds</p> <p>Radishes</p> <p>Rutabaga</p> <p>Seaweed</p> <p>Snap & Snow Peas</p> <p>Spinach</p> <p>Squash, all kinds</p> <p>Tomato</p> <p>Turnips</p> <p>Zucchini (squash)</p> <p>GUT-FRIENDLY</p> <p>Sauerkraut</p> <p>Kim-chi</p> <p>Fermented veggies</p>	<p><i>Always roasted! # nuts listed=apx 1 oz. The average 1 oz. svg = 16-20 gr of fat, 160-200 calories.</i></p> <p><i>*Best Picks</i></p> <p>Almonds <i>(22 nuts)</i></p> <p>Brazil Nuts <i>(6-8 nuts)</i></p> <p>*Hazelnuts <i>(18-20 nuts)</i></p> <p>*Macadamia nuts <i>(10-12 nuts)</i></p> <p>Pecans <i>(18-20 nuts)</i></p> <p>Pine nuts <i>(150 nuts)</i></p> <p>Pistachios <i>(45-47 nuts)</i></p> <p>Pumpkin seeds <i>in moderation</i></p> <p>Sesame seeds <i>in moderation</i></p> <p>Sunflower seeds <i>in mod.</i></p> <p>Walnuts <i>(14 halves) in mod.</i></p> <p>Nut Butters <i>from above nuts</i></p> <p>*Avocados</p> <p>*Olives</p> <p>Cocoa Butter</p> <p>*Coconut Meat</p> <p>*Coconut Milk</p> <p>*Coconut Oil <i>unrefined</i></p> <p>Olive Oil</p> <p>*Avocado Oil</p> <p>Walnut Oil <i>in moderation</i></p> <p>Flaxseed Oil</p> <p>*Macadamia Oil</p> <p>Sesame Seed Oil <i>in mod.</i></p> <p>Butter <i>Grass-fed, unpasteurized. Kerrygold is good market brand although pasteurized.</i></p> <p>Animal fat <i>(for cooking; duck, lard)</i></p>	<p><i>Go for organic when you "need to". See the EWG's Dirty Dozen List.</i></p> <p>Apples</p> <p>Apricots</p> <p>Bananas ♦</p> <p>Blackberries</p> <p>Blueberries</p> <p>Cherries</p> <p>Cantaloupe</p> <p>Carambola</p> <p>Dates ♦</p> <p>Grapefruit</p> <p>Grapes ♦⊙</p> <p>Guava</p> <p>Figs</p> <p>Kiwi ♦</p> <p>Lemons/Limes</p> <p>Lychee</p> <p>Mango ♦</p> <p>Melons ⊙</p> <p>Nectarine ⊙</p> <p>Oranges</p> <p>Papaya</p> <p>Passion Fruit</p> <p>Persimmon</p> <p>Plum ♦</p> <p>Pomegranate</p> <p>Peaches</p> <p>Pears ♦</p> <p>Pineapple</p> <p>Raspberries</p> <p>Tangerine</p> <p>Strawberries</p> <p>Watermelon</p> <p>♦higher in overall sugar, possibly good post WOD</p> <p>⊙higher in fructose, not good post WOD choice</p>
POST WOD PROTEIN	POST WOD CARBS	OTHER	
<p>Egg Whites</p> <p>Lean Protein sources from above</p>	<p>Yams</p> <p>Potatoes <i>(white, sweet, red, purple, fingerling...)</i></p> <p>Ripe Plantains</p> <p>Boniato & Yucca</p> <p>Beets/juice</p>	<p>All herbs & spices, including salt (in moderation)</p> <p>Water, Mineral/Sparkling Water, Coffee, Unsweetened Tea</p> <p>Vinegar <i>(all)</i></p> <p>Pickles, Olives, Tomato Sauce <i>(salt, additive free)</i></p> <p>Cocoa Powder</p> <p>Coffee (8 oz/day)</p>	

When in doubt, err on the side of what you know for sure. Post questions to the blog.
If you text us questions, we'll answer on the blog to benefit all the athletes.