



MODIFIED PALEO FOOD PLAN

MEATS	SEAFOOD	VEGETABLES	
Beef	Shellfish	Artichoke	Lettuce
Flank Steak	Clams	Asparagus	Mushrooms
Top Sirloin	Crab	Avocado	Onions
Hamburger	Crayfish	Beet Greens	Olives
London Broil	Lobster	Bell Pepper	Parsley
Chuck Steak	Mussels	Broccoli	Peppers (all)
Organs (liver, heart, tongue, marrow)	Oysters	Brussel sprouts	Pumpkin
Any other beef cut	Scallops	Cabbage	Radish
	Shrimp	Cauliflower	Rutabaga
Lamb	Fish	Celery	Seaweed
Chops	Bass	Collards	Spinach
Leg of Lamb	Northern Pike	Cucumber	Squash (all)
Ground	Orange Roughy	Dandelion	Swiss Chard
Organs (liver, heart, tongue, marrow)	Perch	Eggplant	Tomatillos
Any other lamb cut	Red Snapper	Endive	Tomato
	Rock Fish	Green onion	Turnip Greens
	Salmon	Kale	Watercress
	Scrod	Kohlrabi	
	Shark		
	Stirped Bass	NUTS & SEEDS	
Pork		Almonds (nuts & flour)	
Loin		Brazil Nuts	
Chops		Cashews	
Bacon/Sausage		Chestnuts	
Roast		Hazelnuts	
Organs (liver, heart, tongue, marrow)		Macadamia nuts	
Any other pork cuts	Any other commercially available fish	Pecans	
		Pine Nuts	
Poultry	OILS	Pistachios	
Whole Chicken/Turkey/hen	Olive Oil	Walnuts	
Chicken/Turkey/Hen Breast	Palm Oil	Chia Seeds	
Chicken/Turkey/Hen Leg	Coconut Oil	Flax Seeds	
Chicken/Turkey/Hen Thigh	Lard	Pumpkin Seeds	
Livers	Ghee (clarified butter)	Sesame Seeds	
Eggs (enriched omega 3)		Sunflower Seeds	
Game	SEASONING		
Alligator	Salt & Pepper	SWEETENERS	
Bison	All Herbs	Saccharine	
Duck	All Spices	Stevia	
Pheasant	OTHER	Splenda	
Quail	Dry wines		
Venison	Vodka		
Any other wild game	Coffee/Tea (decaf)		