

### Paleo Lifestyle - Unlimited

Fowl

Meat

Fish

Eggs

### Paleo Lifestyle - Okay

non-starch vegetables

green vegetables

healthy fats

### Paleo Lifestyle - Moderate

high-fructose fruits

nuts

starchy vegetables/tubers

### Paleo Lifestyle - Indulge

Herbs

Spices

Extracts

Coffee

Dark Chocolate

High-fat treats

### Paleo Lifestyle - Avoid

Sugar

Sweet food/drinks

Grains

Legumes

Soy and other beans

Trans and Hydrogenated Fats

Processed Meat and Produce



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