

PRIMAL APPROVED FOODS

VEGETABLES

Artichoke Arugula Asparagus Avocado Beets/Beet Greens **Bell Peppers** Bok Chov Broccoli Broccoli Rabe **Brussels Sprouts** Cabbage Carrots Collards Cucumbers Eggplant Endive Fennel **Fiddlehead Ferns** Garlic Green Beans Jerusalem Artichoke Jicama Kale Kohlrabi Leeks Mushrooms Mustard Greens Olives Onions Parsnips Peppers (all kinds) Pumpkin Purslane Radish Romaine Lettuce Rutabaga Sea Vegetables Spinach Swiss Chard Tomatoes Turnip Greens Watercress

STARCHES IN MODERATION

Cassava Potatoes Sweet Potatoes Wild Rice Yams Taro

FISH

Anchovies Bass Catfish Cod Eel Haddock Halibut Herring Mackerel Mahi Mahi Monkfish Mullet Northern Pike Orange Roughy Perch **Red Snapper** Rockfish Salmon Sardines Tilapia Tuna Walleve Any other wild fish

SHELLFISH

Abalone Clams Crab Crayfish Lobster Mussels Oysters Prawns Scallops Shrimp

MEAT & POULTRY

Reef Chicken Goat Lamb Pork Game Meat Alligator Bear Buffalo Caribou Duck Elk Emu Goose Pheasant Kangaroo Ostrich Quail Rabbit Snakes Turkev Venison

ORGAN MEAT

Hearts Kidney Liver Bone Marrow Sweetbreads Tongue

EGGS

Chicken Duck Emu Goose Pheasant Quail Roe/Caviar Other Bird Eggs

NUTS & SEEDS

Almonds Brazil Nuts Hazelnuts Macadamia Pecans Pine Nuts Pistachios Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnuts Derivative Butters

HEALTHY FATS & OILS

Avocado Oil Extra Virgin Avocado Oil Butter/Ghee Coconut Oil/Milk Lard Macadamia Oil Olive Oil Sesame Oil Tallow Unprocessed Palm Oil

PREFERRED FRUIT

Blackberries Blueberries Boysenberries Cranberries Gooseberries Raspberries

OTHER FRUITS

Apple Apricot Banana Cantaloupe Cherries Coconuts Figs Goji Berries Grapefruit Grapes Guava Honeydew Melon Kiwi Lemon Lime Lychee Mango Nectarine Orange Papaya **Passion Fruit** Peaches Pears Persimmon Pineapple Plums

Note: Some food choices listed above might be endangered or unsustainable. Please use discretion when making selections. Pomegranate Rhubarb Star Fruit Strawberries Tangerine Watermelon All other fruits

SPICES & HERBS

Anise Basil **Black Pepper** Cavenne Pepper Chili Pepper Cilantro Coriander Seeds Cinnamon Cloves Cumin Dill Fennel Ginger Mint **Mustard Seeds** Nutmea Oregano Paprika Parsley Peppermint Rosemary Sage Tarragon Thyme Turmeric

CONDIMENTS & DRESSINGS

Avocado oil mayonnaise Avocado oil salad dressings Olive oil salad dressings Vinegar Clean/organic/low sugar ketchup, BBQ sauce, steak sauce, mustard

OTHER

Stevia Tamari Tea (green, black, white, oolong)

OTHER IN MODERATION

100% Full Fat Cream Cheese Coffee Grass-fed & Organic Full Fat Yogurt Coconut Milk Yogurt Alternative Cashew Milk Yogurt Alternative Almond Milk Yogurt Alternative

OCCASIONAL INDULGENCES Dark Chocolate

Dark Chocolate



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