



Foods *to include*

The bulk of your diet should comprise whole, unprocessed foods, such as:

- Vegetables: avocado, broccoli, cabbage, kale, zucchini, etc. (preferably organic)
- Fish and shellfish: salmon, red snapper, conger, mahi mahi, halibut, trout, shrimp, scallops, lobster, etc.
- Meat: bison, elk, and venison, plus grass-fed beef, lamb, pork, etc. (preferably grass feed or organic)
- Poultry: chicken and turkey (preferably grass feed or organic)
- Eggs: whole eggs and egg whites (preferably grass feed)
- Nuts and seeds: almonds, pecans, walnuts, hazelnuts, pistachios, macadamias, pine nuts, hemp seeds, pumpkin seeds, chia seeds, flax seeds, sunflower seeds, quinoa and natural nut or seed butters
- Fruits: all seasonal fruits (preferably always berries and organic)
- Healthy fats: extra virgin olive oil, coconut oil, avocado oil, walnut oil, grass-fed butter, ghee, and lard
- Some milk alternatives: unsweetened almond, coconut, cashew, hemp, and flax milks
- Spices and herbs: basil, cinnamon, cumin, black pepper, cilantro, sage, rosemary, etc.

Foods *you can eat in moderation*

While the bulk of your diet should consist of the foods above, the Primal Diet allows several other foods that aren't considered "primal." These foods should only be eaten in moderation — and as long as they don't cause you to exceed your daily carb goals.

- Legumes: soaked or sprouted lentils, edamame, and fermented whole soy products like tempeh
- Natural sweeteners: honey and real maple syrup
- Starchy vegetables: potatoes, sweet potatoes, yuca.

Sensible *indulgences*

The Primal Diet also allows for occasional treats, often referred to as “sensible indulgences.”

- Alcohol: whiskey, scotch, brandy, cognac, light beer, and red or white wine
- Cheese: goat’s or sheep’s milk cheeses, Gouda, Cheddar, blue cheese, feta, etc. (preferably raw and grass-fed)
- Dark chocolate: 80% cocoa content or higher (preferably organic)

Foods *to avoid*

The Primal Diet limits these foods and ingredients:

- Sugar and high fructose corn syrup: soda, fruit juice, table sugar, candy, pastries, cake, cookies, milk chocolate, ice cream, etc.
- Grains: whole grains, refined grains, bread, spelt, rye, barley, pasta, muffins, pancakes, cereal, etc.
- Some vegetable oils: soybean oil, canola oil, cottonseed oil, safflower oil, grapeseed oil, etc.
- Trans fats and hydrogenated fats: margarine, shortening, and any foods containing partially hydrogenated oils
- Processed foods: chips, pretzels, crackers, convenience meals, frozen dinners, fast food, granola bars, etc.
- Artificial sweeteners: aspartame, cyclamates, sucralose, acesulfame potassium, saccharin, etc.

Natural sugar substitutes, such as stevia and monk fruit, are considered better options than artificial sweeteners — but they’re not necessarily recommended.