**RESOURCES**

Websites:

<https://paleoso.com/>

<http://stupideasypaleo.com/>

<http://www.paleocupboard.com/>

<http://robbwolf.com/>

<http://paleomg.com/>

<http://eatdrinkpaleo.com.au/>

Videos:

<https://www.youtube.com/watch?v=zd3-szfpubM>

Shopping and Diet Lists:

<http://ultimatepaleoguide.com/files/2012/05/Paleo-Diet-Food-List-PDF.pdf>

<http://paleoonabudget.com/wp-content/uploads/2014/02/paleopantrylist.pdf>

<http://eatdrinkpaleo.com.au/wp-content/uploads/2013/09/essential_paleo_shopping_list.pdf>

<http://eatdrinkpaleo.com.au/my-essential-paleo-shopping-list/>

Not Allowed Lists:

<http://ultimatepaleoguide.com/paleo-diet-food-list/#not-allowed>

<http://paleogrubs.com/foods-to-avoid>

<http://www.livingpaleo.com/foods-to-avoid-on-the-paleo-diet/>

**WHAT TO BUY**

**PROTEINS**

Organic, Free-Range, Grass-fed, Wild, Local

Beef Bison Boar Buffalo Chicken Breast Chicken Thigh Duck Game Meats Lamb Organ Meats \*liver \*kidney Ostrich Pork Rabbit Turkey Veal Venison

Catfish Clam Grouper Halibut Herring Lobster

Mackeral Mahi Mahi Oyster Salmon Sardines Scallops

Shrimp Snapper Swordfish Trout Tuna

**NUTS/SEEDS**

Raw is Best

Almonds Brazil Nut Chestnut Hazelnut Macadamia Pecans

Pine Pistachios Pumpkin Sunflower Walnut

**BEVERAGES**

Unsweetened Almond Milk Coconut Milk Coconut Water Unsweetened Herbal Teas Black Coffee Water

**VEGETABLES**

Artichoke Asparagus Beets Bok Choy Broccoli Brussels Sprouts

Cabbage Carrots Cauliflower Celery Chard Collards

Cucumber Daikon Garlic Green Beans Jicama Kale

Leeks Lettuce Mushrooms Mustard Greens Okra

Onions Peppers Radish Seaweed Snap Peas Spinach

Squash Sweet Potato Tomato Watercress Yam

**HEALTHY FAT OILS**

Avocado & Oil Bacon Fat Butter Coconut Oil Duck Fat Ghee Lard Macadamia Oil Olive Oil Palm Oil Sesame Oil Walnut Oil

**ACCEPTABLE DAIRY**

Goat Milk Unsweetened Greek Yogurt Coconut Milk

**FRUITS**

Apples Lime Apricot Mango Avocado Melon(S) Banana

Oranges Blackberries Peaches Blueberries Pears Cherries

Pineapple Cranberries Plantain Figs Plum Grapefruit Pomegranate Grapes Raspberries Guava Strawberries Kiwi Watermelon Lemon

**HERBS & SPICES**

Basil Bay Leaf Carob Cayenne Pepper Celery Seed Chili Pepper

Chive Cilantro Cinnamon Clove Cumin Curry

Dill Fennel Fenugreek Garlic Ginger Lavender

Lemongrass Licorice Mint Mustard Oregano Paprika

Parsley Pepper Rosemary Thyme Tumeric Vanilla

Wasabi