



The Paleo Gluten-Free Foods List:

Below is the list you have been asking for but please keep in mind you need to read **these Pages** in my site and become familiar with at least these few Pages if you do nothing else:

- [Which Paleo Diet](#)
- [Hormones](#)
- [Paleo Diet](#)
- [Auto-immune](#)—*even if you do not have an auto immune disease*
- [Weight Loss](#)—*even if you do not want to drop weight*

There is invaluable information that you will need to know to really get a simple yet basic grasp of this diet as there is no one size fits all on this diet- it is ONLY a template to work with YOUR body. Much more on my [website](#).

Basic Approved Paleo List of Foods:

It's best to think in terms of what you CAN eat on the paleo gluten-free diet rather than what you can't, but here's a simple breakdown of acceptable and unacceptable foods for the diet for those who want the absolute BASICS:

Acceptable on the BASIC paleo gluten-free diet:



- Animal proteins such as grass-fed meat, free-range fowl, and wild-caught fish, etc.
- Organic seasonal fruits and vegetables
- Healthy fats such as nuts, seeds, avocados, olive oil, and coconut oil
- Oils from fruits or tree-nuts such as olive oil and avocado oil, although some don't recommend these for cooking but rather to add uncooked for flavor
- Grass-fed meat is important because it contains the proper balance of omega-3 and omega-6 fatty acids from the greens and seeds the animals feed on. Organ meats and bone marrow are good choices. If you're not able to buy grass-fed meat, aim for organic lean meats.
- Beverages: Spring water, green tea, coconut water, coffee (although this is debated)
- Sweeteners: Raw honey in limited amounts, coconut palm sugar

NOT acceptable on the paleo gluten-free diet:

- Sweeteners: agave nectar and all those other "fake" sugars
- Cereal grains and legumes such as barley, wheat, rye, oats, corn, brown rice, soy, peanuts, kidney beans, pinto beans, navy beans and black-eyed peas
- Vegetable, hydrogenated and partially-hydrogenated oils: corn oil, Crisco, margarines, soybean oil, peanut oil, canola oil, safflower oil and sunflower oil

- Sugar, soft drinks, all packaged products and juices, even fruit juices
- Dairy products, although butter and maybe heavy cream okay if raw, full-fat or fermented- this is debatable amongst different Paleo groups and individuals. How YOUR body does on them is what is most important.
- Processed meats
- Some paleo diet advocates argue that salt or sweeteners shouldn't be added to food. In time, your taste buds will adjust if you try and stay off them. I personally use all the sea salt I want. I feel healthier with salts and so this is MY gauge.
- Alcoholic beverages (According to PaleoDiet.com, “No published paleo diet includes alcohol. But if you are going to drink it, pick one from fermented fruit and water it down to 6%.”)

A Note on Legumes

Legumes are plants whose seeds develop inside pods, and on the paleo gluten-free diet, these are to be avoided. If you're wondering why this is, you're not the first to ask. Like cereal grains and dairy products, legumes were not a common part of the diet of our human ancestors before the agricultural revolution.



Legumes, just as with cereal grains, contain antinutrients such as lectins, saponins, and protease inhibitors, which cause damage to the intestines and hormonal and immune systems, leading to inflammation and increasing the risk of inflammatory and autoimmune diseases. Legumes may be relatively high in protein and fiber, but the protein foods that comprise the paleo gluten-free diet (meats, fish, and eggs) are superior protein sources, and vegetables are higher in fiber.

I do want to stress the Paleo Diet is a **TEMPLATE** and that this is the key to YOUR success on this diet. There is no one size fits all in this diet. Many TOP Paleo professionals and Scientists will agree with me on this point. Read [more!](#)

Thank you,

Tina Turbin

www.PaleoGlutenFreeRecipes.com

Tina Turbin, Founder of <http://paleoglutenfreerecipes.com>

Your Dependable Celiac and Gluten-Free Resource Guide

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