

# THE PALEOLITHIC DIET

## *Eat the following:*

Meat, chicken and fish

Eggs

Fruit

Vegetables (especially root vegetables except potatoes and sweet potatoes)

Nuts (walnuts, Brazil nuts, macadamias and almonds) Do not eat peanuts (a bean) or cashews (in a family of their own)

Berries

## *Do not eat the following:*

Grains (including bread and all pasta)

Beans (including string beans, kidney beans, lentils, peanuts, snowpeas and peas)

Potatoes (including sweet)

Dairy products

Sugar

Salt