

| Meat, Poultry, Fish | Strict Paleo | Lifestyle Paleo | Serving Size Limit (per day) |
|---------------------------------|---------------------|------------------------|-------------------------------------|
| Beef | Yes | Yes | |
| Game Meats | Yes | Yes | |
| Chicken & Eggs | Yes | Yes | |
| Pork | Yes | Yes | |
| Fish | Yes | Yes | |
| Shellfish | Yes | Yes | |
| Bacon | Yes | Yes | |
| Deli & Cured Meats | Yes | Yes | |
| Vegetables & Legumes | Strict Paleo | Lifestyle Paleo | Serving Size Limit (per day) |
| Most Vegetables | Yes | Yes | |
| Sweet Potatoes, Yams | Yes | Yes | |
| Legumes | No | Yes | 1/2 Cup |
| Peanuts and Peanut Butter | No | Yes | 1-2 TBS |
| Corn | No | Yes | 1/2 Cup |
| White Potatoes | No | No | |
| Soy | No | No | |
| Taro | No | No | |
| Yucca | No | No | |
| Fruit | Strict Paleo | Lifestyle Paleo | Serving Size Limit (per day) |
| All Fresh Fruit | Yes | Yes | |
| Dried Fruit (no added sugar) | No | Yes | 1/4 Cup |
| Nuts, Seeds, Fats, Oils | Strict Paleo | Lifestyle Paleo | Serving Size Limit (per day) |

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| Nuts (butters, milks, nut "flours") | Yes | Yes | |
| Avacado | Yes | Yes | |
| Coconut (flakes, milk, flour, aminos) | Yes | Yes | |
| Olive Oil | Yes | Yes | |
| Animal Fats (clarified butter or ghee, lard, duck fat, tallow) | Yes | Yes | |
| All Other Oils (Corn, Vegetable, Canola, Soy, etc.) | No | No | |
| Grains, Starches, Corn, Soy | Strict Paleo | Lifestyle Paleo | Serving Size Limit (per day) |
| Sweet Potatoes, Yams | Yes | Yes | |
| Almond Flour, Coconut Flour | Yes | Yes | |
| Buckwheat | No | Yes | 1/2 Cup |
| Oats and Oatmeal | No | Yes | 1/2 Cup |
| Brown Rice | No | Yes | 1/2 Cup |
| Quinoa | No | Yes | 1/2 Cup |
| Corn | No | Yes | 1/2 Cup |
| Potatoes | No | No | |
| Soy, fermented and unfermented (tofu, soy sauce, edamame, beans) | No | No | |
| Tortillas (flour, whole wheat, corn) | No | No | |
| White Rice | No | No | |
| Popcorn | No | No | |
| Yucca, taro, arrowroot powder, tapioca starch | No | No | |
| Pasta (all types – wheat, rice, etc) | No | No | |
| Flours of any compliant or non-compliant grain | No | No | |
| Bread, flat breads, naan, etc. | No | No | |
| Sweetners, Sugar, Candy, Dessert | Strict Paleo | Lifestyle Paleo | Serving Size Limit (per day) |
| Stevia or Agave | No | Yes | 2 Packets or 1 TBS |

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| Sugar Free Gum | No | Yes | 2 Pieces |
| Coconut Sugar | No | No | |
| Sugar/Sweetener as ingredient in any store or restaurant bought prepared foods | No | No | |
| Honey | No | No | |
| Artificial sweeteners (e.g. Nutra-sweet, Splenda, Equal) | No | No | |
| Coffee or tea flavored drinks (e.g. mochas, syrups, "blendeds") | No | No | |
| Candy, Chocolate | No | No | |
| Dairy | Strict Paleo | Lifestyle Paleo | Serving Size Limit (per day) |
| Clarified Butter or Ghee | Yes | Yes | |
| Yogurt (Regular or Greek, Unsweetened) | No | Yes | 1 Cup |
| Whey Protein | Pre/Post WOD Only | Yes | 2 Scoops |
| Milk, Sour Cream, Cottage Cheese | No | No | |
| Cheese | No | No | |
| Beverages | Strict Paleo | Lifestyle Paleo | Serving Size Limit (per day) |
| Water | Yes | Yes | |
| Carbonated water | Yes | Yes | |
| Coffee | Yes | Yes | |
| Lemon or lime juice | Yes | Yes | |
| Coconut water (unsweetened) | Yes | Yes | |
| Vegetable juice | Yes | Yes | |
| Wine or Spirits | No | Yes | 1 per week |
| Cooking with alcohol | No | Yes | |
| Fruit Juice | No | No | |
| Soda (regular, diet, or "natural") | No | No | |
| Beer | No | No | |

| Junk Food, Artificial & Other Ingredients | Strict Paleo | Lifestyle Paleo | Serving Size Limit (per day) |
|---|---------------------|------------------------|-------------------------------------|
| Sweet potato fries (restaurant) | No | Yes | 1/2 cup |
| Sweet potatoe chips, veggie chips (store bought) | No | No | |
| MSG, nitrates/nitrites, benzoates (includes: BHA, BHT, TBHQ), hydrogenated oils | No | No | |
| Artificial colors and flavors | No | No | |
| Potato chips, corn chips and French fries | No | No | |