

# Paleo

A paleo diet focuses on foods similar to what might have been eaten during the Paleolithic era, which dates from 2.5 million to 10,000 years ago. Foods would have been gathered through hunting and gathering.

- Beef
- Poultry
- Turkey
- Pork
- Fish
- Seafood
- Eggs
- Broccoli
- Peppers
- Onions
- Carrots
- Tomatoes
- Oranges
- Strawberries
- Blueberries
- Apples
- Kale
- Spinach
- Sweet potatoes
- Turnips
- Almonds
- Macadamia nuts
- Walnuts
- Sunflower seeds
- Extra virgin olive oil
- Coconut oil
- Avocado oil