

In Response to the Prescription of the Paleo Diet (NO Grains/Sugars/Beans/Legumes): **WELL, WHAT CAN I EAT?**

Here are some helpful hints and examples:

Spend time on marksdailyapple.com—here you'll find great recipes and **free e-books** when you sign up for Mark Sisson's **free e-newsletter**.

He also has a **WONDERFUL shopping list** to guide you!

- Organic, free-range, or wild-caught meats & fishes
 - eatwild.com
 - grasslandbeef.com
- Organic, raw, whole-fat dairy
 - rawmilk.com
- Organic, cage-free eggs
- Organic vegetables, *avoiding* white potatoes & corn (a grain, anyway)
 - Greens, squashes, broccoli, cauliflower, Brussels sprouts, onions, garlic, beets, yams, carrots, celery, bell peppers, eggplant, avocado & tomatoes (fruity vegetables!), and so, so much more!
 - rutizfarms.com Fresh local produce, the owners have baskets available weekly
 - sloveg.com: Ask about Dr. Foresman's special Paleo Basket—the owners have put together a fruit & veggie basket without grains, beans, or white potatoes!
- Organic fruits:
 - Berries of all kinds, cherries, apples, peaches, plums, pears, nectarines, apricots, citrus. Avoid most tropical fruits (higher sugar content)
- Organic nuts & seeds, raw & unsalted:
 - Macadamias, almonds, pecans, pistachios, cashews, pumpkin seeds, sunflower seeds
- Feature good fats:
 - Organic coconut oil (all coconut products, really), ghee (clarified butter), animal fats, extra virgin olive oil, and fatty fish
- Helpful Websites Include: marksdailyapple.com (Primal Blueprint) and ppnf.org
- Helpful Books Include: [Paleo Comfort Food](#), [The Primal Blueprint](#), [The Primal Blueprint Cookbook](#), [Nutrition and Physical Degeneration](#)

