



# PRIMAL APPROVED FOODS

## VEGETABLES

Artichoke  
Arugula  
Asparagus  
Avocado  
Beets/Beet Greens  
Bell Peppers  
Bok Choy  
Broccoli  
Broccoli Rabe  
Brussels Sprouts  
Cabbage  
Carrots  
Collards  
Cucumbers  
Eggplant  
Endive  
Fennel  
Fiddlehead Ferns  
Garlic  
Green Beans  
Jerusalem Artichoke  
Jicama  
Kale  
Kohlrabi  
Leeks  
Mushrooms  
Mustard Greens  
Olives  
Onions  
Parsnips  
Peppers (all kinds)  
Pumpkin  
Purslane  
Radish  
Romaine Lettuce  
Rutabaga  
Sea Vegetables  
Spinach  
Swiss Chard  
Tomatoes  
Turnip Greens  
Watercress

## STARCHES IN MODERATION

Cassava  
Potatoes  
Sweet Potatoes  
Wild Rice  
Yams  
Taro

## FISH

Anchovies  
Bass  
Catfish  
Cod  
Eel  
Haddock

Halibut  
Herring  
Mackerel  
Mahi Mahi  
Monkfish  
Mullet  
Northern Pike  
Orange Roughy  
Perch  
Red Snapper  
Rockfish  
Salmon  
Sardines  
Tilapia  
Tuna  
Walleye  
Any other wild fish

## SHELLFISH

Abalone  
Clams  
Crab  
Crayfish  
Lobster  
Mussels  
Oysters  
Prawns  
Scallops  
Shrimp

## MEAT & POULTRY

Beef  
Chicken  
Goat  
Lamb  
Pork  
Game Meat  
Alligator  
Bear  
Buffalo  
Caribou  
Duck  
Elk  
Emu  
Goose  
Pheasant  
Kangaroo  
Ostrich  
Quail  
Rabbit  
Snakes  
Turkey  
Venison

## ORGAN MEAT

Hearts  
Kidney  
Liver  
Bone Marrow  
Sweetbreads  
Tongue

## EGGS

Chicken  
Duck  
Emu  
Goose  
Pheasant  
Quail  
Roe/Caviar  
Other Bird Eggs

## NUTS & SEEDS

Almonds  
Brazil Nuts  
Hazelnuts  
Macadamia  
Pecans  
Pine Nuts  
Pistachios  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Walnuts  
Derivative Butters

## HEALTHY FATS & OILS

Primal Kitchen™ Avocado Oil  
Primal Kitchen™ Extra Virgin  
Avocado Oil  
Butter/Ghee  
Coconut Oil/Milk  
Lard  
Macadamia Oil  
Olive Oil  
Sesame Oil  
Tallow  
Unprocessed Palm Oil

## PREFERRED FRUIT

Blackberries  
Blueberries  
Boysenberries  
Cranberries  
Gooseberries  
Raspberries

## OTHER FRUITS

Apple  
Apricot  
Banana  
Cantaloupe  
Cherries  
Coconuts  
Figs  
Goji Berries  
Grapefruit  
Grapes  
Guava  
Honeydew Melon  
Kiwi  
Lemon  
Lime  
Lychee  
Mango  
Nectarine  
Orange  
Papaya  
Passion Fruit  
Peaches  
Pears  
Persimmon  
Pineapple  
Plums

Pomegranate  
Rhubarb  
Star Fruit  
Strawberries  
Tangerine  
Watermelon  
All other fruits

## SPICES & HERBS

Anise  
Basil  
Black Pepper  
Cayenne Pepper  
Chili Pepper  
Cilantro  
Coriander Seeds  
Cinnamon  
Cloves  
Cumin  
Dill  
Fennel  
Ginger  
Mint  
Mustard Seeds  
Nutmeg  
Oregano  
Paprika  
Parsley  
Peppermint  
Rosemary  
Sage  
Tarragon  
Thyme  
Turmeric

## CONDIMENTS & DRESSINGS

Primal Kitchen™ Ranch Dressing  
Primal Kitchen™ Greek Vinaigrette  
Primal Kitchen™ Honey Mustard Dressing  
Primal Kitchen™ Mayo with Avocado Oil  
Primal Kitchen™ Chipotle Lime Mayo  
Vinegar

## OTHER

Primal Master Formula  
Primal Omegas  
Primal Probiotics  
Primal Sun (Vitamin D)  
Primal Kitchen™ Fuel  
Stevia  
Tamari  
Tea (green, black, white, oolong)

## OTHER IN MODERATION

100% Full Fat Cream  
Cheese  
Coffee  
Grass-fed & Organic Full Fat Yogurt  
Coconut Milk Yogurt Alternative  
Cashew Milk Yogurt Alternative  
Almond Milk Yogurt Alternative

## OCCASIONAL INDULGENCES

Dark Chocolate



*Note: Some food choices listed above might be endangered or unsustainable. Please use discretion when making selections.*

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