

What Can I Eat On The Paleolithic-Ketogenic Diet

PALEO



PKD

Paleolithic-Ketogenic Diet



KETO

**Objective:
Anti-Inflammatory**

Unprocessed Meats & Seafood

Eggs

Most Veggies

Most Fruits

Nuts & Seeds

Olive & Avocado Oils

Natural Sweeteners:
Honey, Maple Syrup

No Dairy

No Grains, Gluten

No Legumes

No Refined or Artificial Sugar

**Objective:
Therapeutic Ketosis**

Meat From 4-Legged Animals

Limited Eggs

Limited Veggies

Animal Fat: Lard & Tallow

No Nightshade Veggies

No Fruits

No Nuts or Seeds

No Grains, Gluten

No Legumes

No Sweeteners

**Objective:
Nutritional Ketosis**

Fatty Meats & Seafood

Eggs

Full Fat Dairy

Limited Veggies

Limited Fruit: Berries

Some Nuts & Seeds

Olive & Avocado Oils

Some LowCal Sweeteners

No Grains, Gluten

No Legumes

No High-Carb Root Veggies

No Refined Sugars