



MEAT QUALITY

BEST

- [Organ Meat](#) from Grass-fed and Pasture-raised Animals: Organ meat is more densely packed with just about every vitamin and mineral and the fat content is also extremely healthy.
- [Wild-Caught Fish and Shellfish](#): Wild-caught fatty fish can be found fresh, canned, or frozen. Look for sales in the late summer and early fall.
- [Grass-fed Beef, Bison, Lamb, Venison or Goat](#): Ground meat is always the cheapest. Some local farmers will sell bulk meat at a very discounted rate.
- Wild Game: You can buy wild game if you do not hunt.

BETTER

- Organ Meat from Organic and Conventional Animals: The fat profile is less favorable, but the organs still contain denser nutrition than muscle meat.
- Farmed Fish and Shellfish: Even farmed fish has contains extremely beneficial fats and is rich in amino acids, vitamins, and minerals that aren't as easy to get from meat and poultry.
- Pasture-Raised Pork and Free-Range Poultry: Look for ones that are not fed soy or corn if you can.

GOOD

- Organic Meat and Conventional Lamb and Veal: These animals do spend some time in pasture and do eat at least some grass.
- Lean Cuts of Beef: Marbled steaks typically contain 10-15 times more omega-6 than omega-3.
- Lean Pork: Usually, the lighter colored the meat, the lower the fat content.

MODERATE OR AVOID

- Fatty Cuts of Conventional Beef and Pork: Ideally, this would only be an occasional treat.
- Conventional Chicken and Turkey: Battery-raised chicken can have some of the highest omega-6 levels of any meat.

PRODUCE QUALITY

- Eat as soon as you buy it whenever possible. Otherwise, buy frozen.
- Mix up eating produce raw and cooked.
- Ferment your own produce.
- Grow your own or gather wild edibles that grow around you.

EATING SEASONALLY

YEAR-ROUND

avocados, bananas, beet greens, broccolini, cabbage, carrots, celery, celery root, leeks, lemons, lettuce, mushrooms, onions, papayas, parsnips, shallots, turnips

SPRING

apricots, artichokes, arugula, asparagus, beets, broccoli, cauliflower, chives, collard greens, fennel, fiddleheads, garlic, grapefruit, honeydew melon, jicama, kale, kohlrabi, limes, mangoes, mustard greens, oranges, pineapple, radicchio, ramps, rhubarb, sorrel, spinach, spring greens, spring onions, strawberries, Swiss chard, turnips, Vidalia onions, watercress

FALL

apples, arugula, Asian pears, bok choy, broccoli, Brussels sprouts, cauliflower, cherimoya, coconuts, cranberries, daikon radish, garlic, ginger, grapes, guava, hot peppers, huckleberries, Jerusalem artichokes, jicama, kale, kohlrabi, kumquats, passionfruit, pears, pomegranate, pumpkin, quince, radicchio, rutabagas, sweet potatoes, Swiss chard, winter squash

SUMMER

apricots, arugula, Asian pears, beets, black currants, blackberries, blueberries, boysenberries, broccoli, cherries, cucumber, eggplant, figs, garlic, grapes, hot peppers, kiwi, limes, loganberries, melons, nectarines, okra, passionfruit, peaches, pineapples, plums, radishes, raspberries, strawberries, summer squash, Swiss chard, tomatoes, zucchini

WINTER

apples, bok choy, Brussels sprouts, cauliflower, cherimoya, clementines, coconuts, collard greens, dates, grapefruits, jicama, kale, kiwi, kohlrabi, limes, oranges, passionfruit, pears, persimmons, pineapple, pomegranate, pomelo, red currants, rutabagas, sweet potatoes, tangerines, winter squash, yams

Based on North American harvests.

PANTRY INGREDIENTS

These ingredients frequently appear in Paleo recipes, especially baked goods. They are excellent ingredients to keep on hand.

- [Almond butter](#)
- Almond meal from [whole raw almonds](#) or from [blanched almonds](#).
- [Arrowroot starch/flour](#) and [tapioca starch/flour](#)
- [Blanched almond](#), [chestnut](#), [plantain](#), [sweet potato](#), [hazelnut](#), and [sunflower seed](#) flour.
- [Chocolate](#)
- [Raw](#) or [non-alkalized](#) cocoa powder
- [Coconut aminos](#)
- [Coconut flour](#)
- [Coconut milk](#)
- [Extra virgin coconut oil](#)
- [Refined coconut oil](#)
- [Creamed coconut](#)
- [Unsweetened coconut flakes](#)
- [Unsweetened shredded coconut](#)
- [Dried apricots](#), [cranberries](#), [dates](#), [raisins](#), and [banana chips](#)
- [Fish sauce](#)
- [Butter](#) or [ghee](#)
- [Regular flaxseed meal](#) or [golden flaxseed meal](#)
- [Baking soda](#) and [cream of tartar](#)
- Seasonings like [anchovy paste](#), [all-spice](#), [black pepper](#), [cinnamon](#), [cloves](#), [cardamom](#), [ground ginger](#), [nutmeg](#), [salt](#), [truffle salt](#), [vanilla extract](#), [vanilla bean](#), [lemon juice](#), and [cayenne](#).
- Nuts like [macadamia nuts](#), [almonds](#), [pecans](#), [walnuts](#), [hazelnuts](#), [pistachios](#), [cashews](#), [sliced almonds](#), and [Brazil nuts](#)
- Oils like [extra virgin olive oil](#), [avocado oil](#), [walnut oil](#), and [macadamia oil](#)
- [Palm shortening](#)
- [Raw honey](#)
- [Whole cane sugar](#)
- [Dark muscovado sugar](#)
- [Pomegranate molasses](#)
- [Pure maple syrup](#)
- [Red palm oil](#)
- Packaged foods like [sardines](#), [salmon](#), [oysters](#), [kelp noodles](#), and [sweet potato noodles](#)
- Seeds like [pepitas](#), [sunflower seeds](#), [sesame seeds](#), and [flax seeds](#).
- Vinegars like [balsamic](#), [coconut water](#), and [apple cider](#)