



## CROSSFIT LAWRENCE PALEO CHALLENGE FOOD LIST

### “GOOD” FOODS

<u>Meats/Protein</u>	<u>Vegetables</u>	<u>Fruits</u>	<u>Nuts/Seeds/Oils</u>	<u>Beverages &amp; Miscellaneous</u>
Beef	Asparagus	Apple	Almonds	Water
Pork	Broccoli	Avocado	Brazil	Coffee
Chicken	Artichoke Hearts	Banana	Cashews	Tea
Fish	Brussels Sprouts	Berries	Chestnuts	Almond Milk (Plain, Unsweetened)
Wild Game	Beets	Melons	Hazelnuts	Herbs
Organ Meats	Carrots	Grapes	Macadamia	Spices
Jerky (No sugar/gluten/soy)	Celery	Figs	Pecans	Salt
Deli Meat (No sugar/gluten/soy)	Onions	Oranges	Pine	Mustard
Eggs	Zucchini	Plums	Pistachios	Oil & Vinegar
Sausage (No nitrates/gluten/soy)	Fennel Root	Pears	Pumpkin Seeds	Vinaigrette (No sugar)
Bacon (No nitrates/gluten/soy)	Kale	Peaches	Sesame Seeds	Homemade Condiments (No sugar)
Lamb	Chard	Pineapple	Sunflower Seeds	Homemade Dressing (No sugar/dairy)
Turkey	Mushrooms	Grapefruit	Walnuts	Salsa
	Spinach	Pomegranate	Nut Butters	Guacamole
	Acorn Squash	Tomato	Olive Oil	Tomato/Marinara Sauce (No sugar)
	Butternut Squash	Lemon	Coconut Oil	Olives
	Yams	Lime	Flaxseed Oil	Tabasco Sauce
	Sweet Potato		Macadamia Oil	Coconut Water
	Red Pepper			Coconut Milk
	Green Pepper			
	Red Cabbage			
	Green Cabbage			
	Eggplant			
	All Other Veggies			



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### “BAD” FOODS (CHEAT)

<u>Meats/Protein/Dairy</u>	<u>Vegetables/Grains/Legumes/Fruits</u>	<u>Nuts/Seeds/Oils</u>	<u>Beverages &amp; Miscellaneous</u>
Deli Meats (sugar/gluten/soy)	White Potatoes	Peanuts	Sugar
Jerky (sugar/gluten/soy)	All Cereal Grains	Peanut Butter	Artificial Sweeteners
Milk	Rice	Soybean Oil	“Natural” Sugar (Honey, Agave Nectar, Stevia)
Cheese	Quinoa		High Fructose Corn Syrup
Yogurt	Oatmeal		Fruit Juice
Butter	Wheat		Commercial Salad Dressing
All Processed Foods w/ Dairy	Corn		Commercial Condiments
Hot Dogs	All Processed Foods w/ Grains/Flour		Alcohol
Processed meats	Dried Fruits		Processed “Food” Bars
Sausage (sugar/gluten/soy)	All Beans		
Soy Products (Tofu, etc)	Chickpeas		
Whey Protein	Hummus		
Protein Bars	Peas		
	Snowpeas		
	Sugar snap peas		
	Lentils		
	Soybeans		
	All soy products		