

Type	Food	Paleo?	Grade	1 Zone Block	Approximate
Carb	Cauliflower	Yes	3	1 1/4 cups of cooked cauliflower	6 medium bushes
Carb	Blackberries	Yes	3	3/4 cup of blackberries	20 blackberries
Carb	Blueberries	Yes	3	1/2 cup of blueberries	
Carb	Broccoli	Yes	3	1 1/4 cups of cooked broccoli	1 medium stalk
Carb	Kale		3	2 cups of cooked kale	
Carb	Lettuce (Arugula, Butterhead, Romaine)	Yes	3	10 cups of shredded lettuce	1 head of iceberg lettuce
Carb	Mustard Greens		3	4 cups of cooked mustard greens	
Carb	Raspberries	Yes	3	1 cup of raspberries	25 raspberries
Carb	Spinach	Yes	3	3 1/2 2 cups of cooked spinach	
Carb	Strawberries	Yes	3	1 cup of strawberries	10 small; 7 large strawberries
Carb	Swiss Chard		3	2 1/2 cups of cooked Swiss chard	
Carb	Kohlrabi		3	1 cup of cooked kohlrabi	
Carb	Turnip Greens		3	4 cups of cooked turnip greens	
Carb	Apricots	Yes	2	3 apricots	
Carb	Artichokes	Yes	2	4 artichokes or 1 cup of artichoke hearts	
Carb	Asparagus	Yes	2	12 asparagus spears	
Carb	Bok Choy		2	3 cups of cooked bok choy	
Carb	Barley		2	1/2 tablespoon of dry barley	
Carb	Bell Peppers, Red	Yes	2	2 red peppers	
Carb	Black Beans		2	1/4 cup of cooked black beans	
Carb	Cabbage	Yes	2	3 cups of cooked cabbage	
Carb	Eggplant	Yes	2	1 1/2 cups of cooked eggplant	
Carb	Fennel		2	3/4 cup of raw fennel	
Carb	Grapefruit	Yes	2	1/2 grapefruit	
Carb	Green Beans		2	1 1/2 cups of cooked green beans	
Carb	Brussels Sprouts		2	1 1/2 cups of cooked brussels sprouts	
Carb	Kiwi	Yes	2	1 kiwi	
Carb	Lentils		2	1/4 cup of cooked lentils	
Carb	Nectarines	Yes	2	1/2 nectarine	
Carb	Oats (Slow-Cooked)		2	1/3 cup of cooked oatmeal	
Carb	Okra		2	1 cup of cooked okra	
Carb	Oranges	Yes	2	1/2 orange	
Carb	Plums	Yes	2	1 plum	
Carb	Radishes	Yes	2	4 cups of radishes	
Carb	Tomatoes	Yes	2	2 tomatoes	
Carb	Wine	Yes	2	4 ounces of wine	1 glass of wine
Carb	Apples	Yes	1	1/2 apple	
Carb	Celery	Yes	1	2 cups of sliced celery	1 bunch of celery
Carb	Chickpeas		1	1/4 cup of cooked chickpeas	
Carb	Cucumbers	Yes	1	1 cucumber (9")	
Carb	Cherries	Yes	1	8 cherries	
Carb	Yellow Squash	Yes	1	2 cups of cooked yellow squash	
Carb	Grapes	Yes	1	1/2 cup of grapes	12 grapes
Carb	Kidney Beans		1	1/4 cup of cooked kidney beans	
Carb	Leeks		1	1 cup of cooked leeks	
Carb	Mushrooms	Yes	1	2 cups of cooked mushrooms	
Carb	Navy Beans		1	1/4 cup of cooked navy beans	
Carb	Onions	Yes	1	1/2 cup cooked or 1 1/2 cups chopped raw onions	
Carb	Peaches	Yes	1	1 peach	
Carb	Pears	Yes	1	1/2 pear	
Carb	Tangerines	Yes	1	1 tangerine	
Carb	Zucchini	Yes	1	2 cups of cooked zucchini	
Protien	Haddock	Yes	3	1 1/2 ounces of haddock	
Protien	Cod	Yes	3	1 1/2 ounces of cod	
Protien	Crabmeat	Yes	3	1 1/2 ounces of crabmeat	
Protien	Egg Whites	Yes	3	2 egg whites	
Protien	Egg Substitutes	Yes	3	1/4 cup of egg substitute	
Protien	Lobster	Yes	3	1 1/2 ounces of lobster	
Protien	Mackerel	Yes	3	1 1/2 ounces of mackerel	
Protien	Milk (Skim)		3	8 ounces of skim milk	
Protien	Protein Powder		3	7 grams of protein powder	
Protien	Salmon	Yes	3	1 1/2 ounces of salmon	
Protien	Sardines	Yes	3	1 1/2 ounces of sardines	
Protien	Scallops	Yes	3	1 1/2 ounces of scallops	
Protien	Sea Bass	Yes	3	1 1/2 ounces of sea bass	
Protien	Soybean Hamburger Crumbles		3	1/3 cup of soy hamburger crumbles	
Protien	Tuna (steak)	Yes	3	1 ounce of tuna steak	
Protien	Tuna (canned)	Yes	3	1 1/2 ounces of canned tuna	
Protien	Turkey Breast, Skinless	Yes	3	1 ounce of skinless turkey breast	
Protien	Emu	Yes	2	1 ounce of emu	
Protien	Chicken Breast, Skinless	Yes	2	1 ounce of skinless chicken breast	
Protien	Cottage Cheese (Low-Fat)		2	1/4 cup of low-fat cottage cheese	
Protien	Shrimp	Yes	2	1 1/2 ounces of shrimp	
Protien	Soybean Imitation Meat Products		2	3/4 soy hamburger patty	

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Protien	Soybean Imitation Meat Products		2	1 soy sausage patty	
Protien	Soybean Imitation Meat Products		2	3 slices of soy deli meats	
Protien	Soy Cheese		2	1 ounce of soy cheese	
Protien	Tempeh		2	1 1/2 ounces of tempeh	
Protien	Tofu		2	4 ounces of firm tofu	
Protien	Trout	Yes	2	1 1/2 ounces of trout	
Protien	Yogurt		2	6 ounces of yogurt	
Protien	Soy Milk		2	8 ounces of soy milk	
Protien	Beef Tenderloin, Well-Trimmed	Yes	1	1 ounce of well-trimmed beef tenderloin	
Protien	Pork Tenderloin, Well-Trimmed	Yes	1	1 ounce of well-trimmed pork tenderloin	
Protien	Soybeans (Boiled)		1	1/3 cup of cooked soybeans	
Fat	Macadamia Nuts	Yes	3	1 macadamia nut	
Fat	Olive Oil	Yes	3	2/3 teaspoon of olive oil	
Fat	Almonds	Yes	2	3 almonds	
Fat	Avocados	Yes	2	1 tablespoon of avocado	
Fat	Canola Oil	Yes	2	2/3 teaspoon of canola oil	
Fat	Cashews	Yes	2	3 cashews	
Fat	Peanuts	Yes	1	6 peanuts	
Fat	Peanut butter		-	1/2 teaspoon	
Fat	Peanut Oil		-	1/3 teaspoon	
Fat	Tahini		-	1/3 teaspoon	
Fat	Guacamole	Yes	-	1/2 tablespoon	
Fat	Vegetable Oil		-	1/3 teaspoon	
Fat	Mayonnaise		-	1/3 teaspoon	
Fat	Mayo, light		-	1 teaspoon	
Fat	Sesame Oil		-	1/3 teaspoon	
Fat	Sunflower Seeds	Yes	-	1/4 teaspoon	
Fat	Bacon bits		-	2 1/2 teaspoon	
Fat	Butter		-	1/3 teaspoon	
Fat	Half and half		-	1 tablespoon	
Fat	Cream, light		-	1/2 teaspoon	
Fat	Cream cheese		-	1 teaspoon	
Fat	Sour cream		-	1 teaspoon	
Fat	Tartar sauce		-	1/2 teaspoon	
Fat	Lard		-	1/3 teaspoon	
Fat	Vegetable shortening		-	1/3 teaspoon	