

## Meats\*

Boar	Lamb
Bison	Ostrich
Buffalo	
Camel	Pork
Cow	Poultry
Chicken	Prosciutto
Crocodile	Pheasant
Duck	Quail
Fowl	Rabbit
Game	Spatchcock
Goat	
Guinea Fowl	Turkey
Hare	Veal
	Venison
Kangaroo	

## Seafood

Calamari	Salmon
Caviar	Sardines
Clams	Scallops
Crab	Shellfish
	Shrimp
Eel	Snapper
	Swordfish
Flounder/Soul	
Herring	Trout
	Tuna
Lobster	White Fish
Mackerel	
Mussels	
Octopus	
Oysters	
Prawns	

## Nuts and Oils

Almonds	Olive Oil
Almond Oil	
Avocado Oil	Pecans
	Pinenuts
Brazil Nut	Pistachio Nuts
	Pumpkin Seeds
Canola Oil	Pumpkin Seed Oil
Coconut	
Coconut Oil	Hazelnuts
Cod Liver Oil	
	Sesame Seeds
Fish Oil	Sesame Seed Oil
Flaxseed Oil	Sunflower Seeds
	Sunflower Oil
Grass Fed Butter	
Lard	Tahini
	Walnuts
Macadamia Nuts	Walnut Oil
Macadamia Oil	

## Fruits and Vegetables

Asparagus	Cranberry
Artichokes	Custard Apple
Alfalfa Sprouts	
Aubergine/Eggplant	Dates
Avocado	
Apple	Eggplant/Aubergine
Apricot	
Bean Sprouts	Fennel
Beetroot Greens	Fig
Broccoli	Feigoa
Broccolini	
Brussel Sprouts	Garlic
Bok Choy	Ginger
Berries	Grapefruit
Banana	Grapes
Blackberries	Guava
Blueberries	
Black Currants	Honeydew
Cabbage	Kale
Cauliflower	Kiwi Fruit
Capsicum/Bell Pepper	Kumquat
Carrot	
Celery	Leek
Collard Greens	Lettuce
Cos Lettuce	Lemon
Cherries	Lime
Cucumber	Loganberry
	Lychee



Mushrooms	Radish
Mango	Red Cabbage
Mangosteen	Raspberries
Melons	Rhubarb
Mammey Apple	Rocket
Mung Beans	
	Scallions
Nectarine	Shallots
Nashi Pear	Spring Onion
	Squash/Pumpkin
Onion	Spinach
Ocean Vegetables**	Sauerkraut
Olives	Sprouts
Okra	Strawberry
Orange	Star Fruit
	Spirulina
Pepper/Capsicum	
Pumpkin/Squash	Tomato
Papaya	Tangerine
Peach	Tangelo
Persimmon	
Pineapple	White Cabbage
Plum	Watercress
Pomegranate	Watermelon
Passionfruit	
	Yellow Squash
Quince	
	Zucchini

\* It is preferable to eat meat from grass fed/wild animals.

\*\* Ocean Vegetables include Agar, Arame, Dulse, Hijiki, Kelp, Kombu, Nori, Sea Palm and Wakame

## Herbs and Spices

Allspice	Horseradish	Rosemary
Anise		
Aniseed	Jalapeno Peppers	Safflower
Ajowan	Jasmine	Saffron
		Sage
Basil	Lavender	Sea salt
Bay Leaf	Lemon Balm	Spearmint
	Lemon Basil	Stevia
Cardamon	Lemon Mint	
Cayenne Pepper	Lemon Myrtle	Tamarind
Celery Seed	Lemon Thyme	Tarragon
Chamomile	Licorice	Tea
Chilli		Thai Basil
Chives	Marjoram	Thyme
Cilantro/Coriander	Mint	Tumeric
Cloves	Mustard Seed	
Cumin	Myrtle	Vanilla
Curry Leaves		Wasabi
Cocoa	Nutmeg	Wattleseed
Dandelion	Oregano	
Dill		
Fenugreek	Paprika	
	Parsley	
Ginger	Pepper	
Ginko	Peppermint	
Ginseng	Poppy Seed	
Green Tea	Pomegranate Seeds	

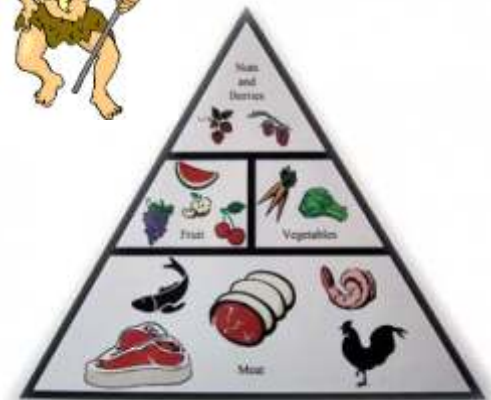


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## Other

- Coconut Milk/Cream
- Eggs
- Honey
- Nut Butter
- Nut Flour
- Raw Apple Cider Vinegar



## Garam Masala

*Garam Masala is a northern Indian spice usually added to meat dishes as a final seasoning.*

### Ingredients

- 8 cardamon pods
- 2 bay leaves
- 1tsp black peppercorns
- 2tsp cumin seeds
- 2tsp coriander seeds
- 2inch piece of cinnamon stick
- 1tsp cloves

### Instructions

Remove seeds from the cardamon pods. Break the bay leaves into small pieces. Put the seeds, bay leaves and remaining spices in a spice grinder or use a mortar and pestle to grind to a fine powder. Store in a small airtight container until needed.

## Spice Mix

### Ingredients

- 6 dried chillies
- 1tbs cumin seeds
- 1tsp coriander seeds
- 1tsp mustard seeds
- 1/4tsp garam masala (see above)
- 1/2tsp ground turmeric

### Instructions

Grind the chillies, cumin, coriander and mustard seeds to a fine powder using a spice grinder or mortar and pestle. Mix with the garam masala and turmeric.



The following lists of ingredients are **not classified as being 100% Paleo friendly**. However, depending on how strict you choose to be on the Paleo diet, determines whether you include them into your diet.

## Meats

Bacon  
Ham

## Fruits and Vegetables

Beetroot                      Rasins  
Chestnuts                      Sweet Potato / Yams  
Green Beans  
Peas  
Pickles

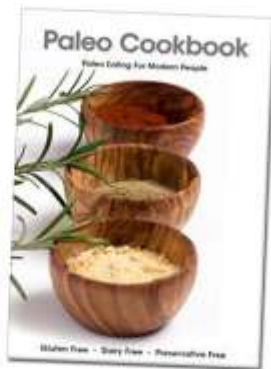
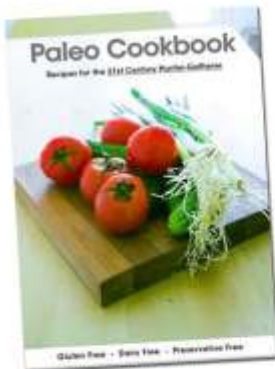
## Nuts and Oils

Cashews  
Grass fed Butter

## Other

Arrowroot  
Coffee Beans  
Egg Albumen Powder  
Gelatin  
Maple Syrup

## NOTES:



The Paleo Cookbooks contain 120 recipes each! All are gluten free, dairy free and preservative free. Every recipe in the Paleo Cookbooks includes a full color photo so you can see what the meal looks like and how to best present it. [www.PaleoCookbook.com](http://www.PaleoCookbook.com)



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