

Item in green are best choice

Protein

### Organ Meats

**Best choice:** 100% grass-fed or free-range/pastured + organic

Abel & Cole [www.abelandcole.co.uk](http://www.abelandcole.co.uk), Green Pasture Farms [www.greenpasturefarms.co.uk](http://www.greenpasturefarms.co.uk) and Eversfield Organic [www.eversfieldorganic.co.uk](http://www.eversfieldorganic.co.uk) all sell organ meats

We would not recommend organ meats from animals that have not been fed their natural diet

### Meat (beef, lamb, pork, venison, wild boar etc.)

**Best choice:** 100% grass-fed + organic (choose cheap cuts if budget is an issue)

Eversfield Organic [www.eversfieldorganic.co.uk](http://www.eversfieldorganic.co.uk) produce 100% organic grass-fed and finished beef and lamb

**Middle choice:** grass-fed and/or organic

**OK choice:** Lean with fat trimmed or drained

### Eggs

**Best choice:** free-range + organic (all organic eggs will be from free-range birds by default)

We like Abel & Cole [www.abelandcole.co.uk/dairy-eggs/eggs](http://www.abelandcole.co.uk/dairy-eggs/eggs) for truly free-range and delicious eggs

**Middle choice:** free-range and/or omega-3 enriched All Waitrose eggs are free-range. Clarence Court (sold in various supermarkets) [www.clarencecourt.co.uk](http://www.clarencecourt.co.uk)

produce duck & quail eggs as well as chicken and the eggs come from heritage breeds that are free-range

**Note:** We do not recommend eggs that are not at least free-range as free-range eggs are readily available in all UK supermarkets

### Seafood

**Best choice:** wild-caught + sustainably fished (Visit [www.msc.org](http://www.msc.org) for details) For salmon look for wild-caught Alaskan MSC-certified salmon

For tinned fish we love the Fish 4 Ever brand [www.fish4ever.co.uk](http://www.fish4ever.co.uk)

**Middle choice:** wild-caught and/or sustainable

**OK choice:** organic farmed

For organic farmed fish we would probably go for the Duchy from Waitrose organic brand

### Poultry (chicken, turkey, duck, pheasant etc.)

**Best choice:** free-range + organic (all organic chickens will be free-range by default)

Abel & Cole [www.abelandcole.co.uk](http://www.abelandcole.co.uk) sell both organic and free-range chicken

Green Pasture Farms [www.greenpasturefarms.co.uk](http://www.greenpasturefarms.co.uk) sell truly free-range (what is called pastured in the US) chicken and pork

**Middle choice:** free-range

**OK choice:** Supermarket/butcher/farm-shop, if not free-range then remove skin

### Processed Meat (bacon, sausages, ham, salami, Parma ham etc.)

**Best choice:** free-range + organic, look for gluten-free and no added sugar

Devon Rose [www.devonrose.com](http://www.devonrose.com) produce nitrate-free bacon and gluten-free sausages

Peelham Farm [www.peelham.co.uk](http://www.peelham.co.uk) produce organic free-range ham and bacon plus gluten-free sausages and bacon

Abel & Cole [www.abelandcole.co.uk](http://www.abelandcole.co.uk) sell organic nitrate free bacon, gluten-free sausages and organic sugar-free ham

**Middle choice:** free-range

Ocado [www.ocado.com](http://www.ocado.com) have a good selection of free-range bacon and sell Duchy from Waitrose organic ham (which isn't sugar-free) as well as organic deli meats (Parma ham etc.)

**OK choice:** gluten-free

M&S produce 97% pork gluten-free sausages but not from free-range pigs

**Green vegetables** – all types of green veg are great, the below selection are particularly good

- |  |                                     |  |                                     |
|--|-------------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Asparagus           | <input type="checkbox"/> Chard      | <input type="checkbox"/> Spring greens       | <input type="checkbox"/> Spinach    |
| <input type="checkbox"/> Broccoli            | <input type="checkbox"/> Courgettes | <input type="checkbox"/> Lettuce – all types | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Brussels sprouts    | <input type="checkbox"/> Kale       | <input type="checkbox"/> Pea shoots          |                                     |
| <input type="checkbox"/> Cabbage – all types | <input type="checkbox"/> Leeks      | <input type="checkbox"/> Rocket              |                                     |

**Starchy vegetables and root veg**

- |                                   |   |   |
|-----------------------------------|---|---|
| <input type="checkbox"/> Beetroot | <input type="checkbox"/> Pumpkin        | <input type="checkbox"/> Turnips  |
| <input type="checkbox"/> Carrots  | <input type="checkbox"/> Swede          | <input type="checkbox"/> Limit white potatoes due to high carbohydrate content  |
| <input type="checkbox"/> Parsnips | <input type="checkbox"/> Sweet potatoes | <input type="checkbox"/> Butternut squash, spaghetti squash and all other types of squash<br>Abel and Cole <a href="http://www.abelandcole.co.uk">www.abelandcole.co.uk</a> sell organic spaghetti squash in season |

**Other vegetables** – all vegetables are great but here is a selection found in most supermarkets and farm shops

- |                                      |                                   |  |   |
|--------------------------------------|-----------------------------------|--|---|
| <input type="checkbox"/> Aubergines  | <input type="checkbox"/> Chillies | <input type="checkbox"/> Mushrooms – all types | <input type="checkbox"/> Shallots             |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Onions                | <input type="checkbox"/> Tomatoes – all types |
| <input type="checkbox"/> Celery      | <input type="checkbox"/> Garlic   | <input type="checkbox"/> Peppers – all types   |   |

**Fruits - lower sugar varieties**

- |   |                                     |                                 |                                |
|---|-------------------------------------|---------------------------------|--------------------------------|
| <input type="checkbox"/> Best are berries such as blackberries, blueberries, cherries, raspberries and strawberries |                                     |                                 |                                |
| <input type="checkbox"/> Apricots   | <input type="checkbox"/> Kiwi fruit | <input type="checkbox"/> Plums  | <input type="checkbox"/> Limes |
| <input type="checkbox"/> Grapefruit   | <input type="checkbox"/> Melon      | <input type="checkbox"/> Lemons |                                |

**Fruits - higher sugar varieties**

- |   |                                     |  |  |
|---|-------------------------------------|--|--|
| <input type="checkbox"/> Apples – all types   | <input type="checkbox"/> Mango      | <input type="checkbox"/> Peaches           | <input type="checkbox"/> Satsumas/tangerines |
| <input type="checkbox"/> Bananas              | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Pears – all types | <input type="checkbox"/> Watermelon          |
| <input type="checkbox"/> Fresh dates and figs | <input type="checkbox"/> Oranges    | <input type="checkbox"/> Pineapple         |  |
| <input type="checkbox"/> Grapes – all types   | <input type="checkbox"/> Papaya     | <input type="checkbox"/> Pomegranate       |  |

**Dried fruit** – limit consumption, eat only occasionally as high in sugar

- |                                   |                                 |   |
|-----------------------------------|---------------------------------|---|
| <input type="checkbox"/> Dates    | <input type="checkbox"/> Figs   | <input type="checkbox"/> Raisins, sultanas, currants        |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Prunes | <input type="checkbox"/> Blueberries, cherries, cranberries |

## Herbs, Spices, Condiments, Tins

- ☐ Fresh herbs – all types
- ☐ Dried herbs – all types
- ☐ Fresh ginger
- ☐ Fresh horseradish
- ☐ Spices
- ☐ Tinned tomatoes
- ☐ Tomato puree
- ☐ Coconut aminos (as a soy sauce replacement)
- ☐ Stock cubes – obviously making your own stock from bones is far better than using stock cubes but we understand that everyone doesn't always have fresh stock to hand, or the time to make it. The best stock cubes we have found are Marigold Organic Swiss Vegetable Bouillon Cubes – they come in a red box and are gluten and lactose-free, the only ingredients are sea salt, yeast extract, palm oil, vegetables (onion, carrot, celery, parsley), turmeric and mace.
- ☐ Salt – Choose unrefined salt such as Himalayan pink salt or Celtic sea salt
- ☐ Mustard – Dijon, English or wholegrain etc.
- ☐ Vinegar – cider, white wine, red wine, balsamic, sherry etc.
- ☐ Pickles – onions, beetroot, gherkins etc.

## Cooking fats

- ☐ Animal fats such as duck fat, goose fat, lard – **free-range + organic**  
Green Pasture Farms [www.greenpasturefarms.co.uk](http://www.greenpasturefarms.co.uk) sell free-range/pastured pork lard  
Abel & Cole [www.abelandcole.co.uk](http://www.abelandcole.co.uk) sell free-range goose fat from British geese
- ☐ Ghee (or clarified butter) **grass-fed + organic**  
**Best choice** for ghee is from Hook and Son [www.hookandson.co.uk](http://www.hookandson.co.uk) their ghee is made from raw butter from grass-fed cows.  
Abel & Cole [www.abelandcole.co.uk](http://www.abelandcole.co.uk) sell the Pukka brand, which is made from butter from grass-fed cows.  
Fushi [www.fushi.co.uk](http://www.fushi.co.uk) produce an organic ghee from cows fed grass between March and October and organic feed the rest of the year.
- ☐ Coconut oil – Ocado [www.ocado.com](http://www.ocado.com) have the best selection of coconut oils. Sainsburys sell the Lucy Bee brand, which is extra-virgin and organic. Waitrose sell Groovy foods Organic virgin coconut oil
- ☐ Olive oil

## Eating fats

- ☐ Grass-fed butter  
**Best choice: raw, grass-fed + organic**  
Hook and Son [www.hookandsonfarmshop.co.uk](http://www.hookandsonfarmshop.co.uk) sell raw butter, both unsalted and salted but you can only buy it alongside their milk and other products  
Waitrose and Ocado [www.ocado.com](http://www.ocado.com) sell Isigny Sainte-Mere raw butter, both unsalted and salted  
Kerrygold is probably the most readily available grass-fed butter (it's not raw); it is stocked in most UK supermarkets. Cows are grass-fed for up to 312 days per year.  
**Middle choice:** Yeo Valley do organic unsalted and salted butters, available in most supermarkets. The cows are only grass-fed for part of the year.
- ☐ Extra-virgin olive oil
- ☐ Olives
- ☐ Avocado oil - the Olivado brand [www.olivado.com](http://www.olivado.com) is organic, cold-pressed and extra virgin and you can buy it from Ocado [www.ocado.com](http://www.ocado.com)
- ☐ Coconut – fresh, flakes etc.
- ☐ Coconut milk
- ☐ Coconut butter
- ☐ Macadamia nuts
- ☐ Macadamia nut oil
- ☐ Macadamia nut butter - Carley's Organic Foods [www.carleys.co.uk](http://www.carleys.co.uk) produce organic raw macadamia nut butter.

## Nuts other than macadamias – eat only a couple of times a week

Carley's Organic Foods [www.carleys.co.uk](http://www.carleys.co.uk) do a range of raw, organic nut butters

- ☐ Cashews & cashew butter
- ☐ Almonds & almond butter
- ☐ Brazil nuts & brazil nut butter
- ☐ Pecans & pecan nut butter
- ☐ Pistachios

## Seeds & Walnuts – limit consumption (eat only occasionally as high in omega-6)

- ☐ Walnuts
- ☐ Flax seeds
- ☐ Chia seeds
- ☐ Pine nuts
- ☐ Pumpkin seeds
- ☐ Sesame seeds
- ☐ Sunflower seeds & sunflower seed butter

## Fermented foods & drinks

Kombucha – Love Kombucha [www.lovekombucha.co.uk](http://www.lovekombucha.co.uk) produce raw & unpasteurized kombucha drinks

Sauerkraut – RAW Health [www.rawhealthuk.com](http://www.rawhealthuk.com) produce raw, unpasteurized sauerkraut

## Snacks

Our favourite place for a great selection of paleo snacks is Perfectly Paleo [www.perfectlypaleo.co.uk](http://www.perfectlypaleo.co.uk)

Crackers – RAW Health [www.rawhealthuk.com](http://www.rawhealthuk.com) produce a range of crackers that are ok for a paleo diet

Snack bars -The Primal Kitchen [www.theprimalkitchen.co.uk](http://www.theprimalkitchen.co.uk) produce paleo-friendly bars all containing less than 5 ingredients. Some of the Nakd bar range are ok but some contain grains so check ingredients

[www.naturalbalancefoods.co.uk/nakd](http://www.naturalbalancefoods.co.uk/nakd)

Jerky - Big T's Jerky [www.bigtsjerky.bigcartel.com](http://www.bigtsjerky.bigcartel.com)

## Raw dairy

For those of you who want to include dairy in your diet, we recommend **full-fat, organic, raw dairy from grass-fed cows**.

Here is a list of online suppliers

1. Hook and Son [www.hookandson.co.uk](http://www.hookandson.co.uk) and [www.hookandsonfarmshop.co.uk](http://www.hookandsonfarmshop.co.uk) raw milk, butter, ghee, cream, yogurt **100% grass-fed**
2. Green Pasture Farms [www.greenpasturefarms.co.uk](http://www.greenpasturefarms.co.uk) raw milk (supplied by Gazegill Organics) **100% grass-fed and organic**
3. Gazegill Organics [www.gazegillorganics.co.uk](http://www.gazegillorganics.co.uk) raw milk and cream **100% grass-fed and organic**
4. John's Jerseys [www.johnsjerseys.co.uk](http://www.johnsjerseys.co.uk) raw milk, cream and cheese from Jersey cows. The cows are only grass-fed for part of the year and the milk is not organic.
5. High Weald Dairy [www.highwealddairy.co.uk](http://www.highwealddairy.co.uk) sell raw frozen goat's milk from Ellie's Dairy [www.elliesdairy.blogspot.co.uk](http://www.elliesdairy.blogspot.co.uk) who also produce raw goat's cheese

We do not recommend consuming pasteurized milk but if you do want to include milk in your diet and it is your only option then Abel and

Cole [www.abelandcole.co.uk](http://www.abelandcole.co.uk) sell an un-homogenized organic, full-fat milk as do Waitrose/Ocado – Duchy Organics from Waitrose brand Organic Full Cream Ayrshire Milk – this milk is un-homogenized and organic, full-fat and from grass-fed cows.

## Raw kefir

If you live in West Sussex or nearby (like we do) then Plawhatch

Farm [www.tablehurstandplawhatch.co.uk](http://www.tablehurstandplawhatch.co.uk) do fantastic raw milk kefir. They are a Demeter-certified biodynamic and organic farm. They also sell raw milk, cream and cheese from the farm shop.

Chuckling Goat [www.chucklinggoat.co.uk](http://www.chucklinggoat.co.uk) sell raw goat's milk kefir online.

You can also buy the grains to make your own kefir and coconut milk can be used as a base if you avoid dairy.

## Raw cheese

Neal's Yard Dairy [www.nealsyarddairy.co.uk](http://www.nealsyarddairy.co.uk) have a good selection of unpasteurized (raw) cheeses as do Cheese on the Green [www.cheeseonthegreen.com](http://www.cheeseonthegreen.com)