

Paleo Diet Compliance Checklist

Allowed Foods

- ☐ Fresh vegetables
- ☐ Fresh fruits
- ☐ Lean meats (beef, chicken, pork, etc.)
- ☐ Fish and seafood
- ☐ Eggs
- ☐ Nuts and seeds
- ☐ Healthy fats (olive oil, coconut oil, avocado, etc.)

Foods to Avoid

- ☐ Grains (wheat, rice, barley, etc.)
- ☐ Legumes (beans, lentils, peanuts, etc.)
- ☐ Dairy products
- ☐ Processed foods
- ☐ Refined sugar
- ☐ Added salt
- ☐ Artificial sweeteners
- ☐ Vegetable oils (corn, soybean, canola, etc.)

Daily Review

- ☐ All meals followed Paleo guidelines
- ☐ No non-compliant snacks consumed
- ☐ Sufficient water intake
- ☐ Physical activity/performance check

Notes