

Low-Carbohydrate Palaeolithic Diet



Overview

The Low-Carbohydrate Palaeolithic Diet is based on the nutritional framework of the ancestral or 'hunter-gatherer' diet while emphasizing carbohydrate restriction. It eliminates processed foods, grains, legumes, and dairy while reducing intake of high-carbohydrate fruits and starchy vegetables. The diet focuses on nutrient-dense, anti-inflammatory whole foods that support blood sugar balance, fat metabolism, and optimal cellular health.

Foods Excluded

- All legumes
- All dairy and dairy products
- All grains and pseudo-grains
- All soya and soya products
- High-carbohydrate fruits (bananas, mangoes, pineapples, dried fruits)
- Starchy vegetables (potatoes, sweet potatoes, yams, cassava)
- Vegetable oils (soybean, sunflower, cottonseed, corn, grapeseed, safflower, canola)
- Artificial sweeteners and processed foods
- Refined sugars and syrups

Foods Included

- Non-starchy vegetables (leafy greens, cruciferous vegetables, herbs)
- Low-sugar fruits (berries, citrus, avocado, olives)
- High-quality animal proteins (poultry, red meats, wild-caught fish, eggs)
- Healthy fats (olive oil, avocado oil, coconut oil, ghee, tallow)
- Nuts and seeds in moderation (macadamia, pecan, walnut, chia, flax)

Nuts & Seeds

Food	Guideline
Macadamia nuts	Allowed – low carb, nutrient-dense, low inflammatory potential
Pecans	Allowed – low carb, high in monounsaturated fats
Walnuts	Use in moderation – moderate carb, higher omega-6 content
Almonds	Use in moderation – slightly higher carb load; soak to reduce lectins
Cashews	Avoid – high in carbs and antinutrients

Vegetables

Food	Guideline
Spinach, kale, broccoli, cauliflower, zucchini, cucumber	Allowed – low carb, nutrient-dense
Carrots, beetroot, onions (in small portions)	Use in moderation – moderate carbohydrate content
Potatoes, sweet potatoes, parsnips	Avoid – starchy, high-carb root vegetables

Fruits

Food	Guideline
Avocado, olives, berries (strawberry, raspberry, blueberry)	Allowed – low sugar, high fiber
Apples, pears, citrus (in small portions)	Use in moderation – moderate sugar load
Bananas, mangoes, pineapple, dried fruit	Avoid – high sugar content

Fats & Oils

Food	Guideline
Olive oil, avocado oil, coconut oil, macadamia oil, ghee	Allowed – stable, anti-inflammatory fats
Palm oil (sustainably sourced)	Use in moderation
Vegetable oils (soy, sunflower, canola, corn, safflower)	Avoid – inflammatory and oxidized fats

Protein Sources

Food	Guideline
Grass-fed beef, lamb, game meat	Allowed – nutrient-rich, ideal for low carb intake
Pasture-raised poultry and eggs	Allowed – excellent protein and fat balance
Wild-caught fish (salmon, cod, trout)	Allowed – rich in omega-3 fatty acids
Processed meats (sausages, bacon, ham)	Avoid – preservatives and hidden carbs

Beverages

Food	Guideline
Water (still or sparkling), herbal teas, black coffee	Allowed – no carbohydrates
Coconut water, fruit juice	Avoid – high natural sugar content

Miscellaneous

Food	Guideline
Herbs and spices (basil, oregano, turmeric, garlic, ginger)	Allowed – anti-inflammatory, low carb
Natural salt, lemon juice, apple cider vinegar	Allowed – mineral-rich, flavor enhancers
Honey, maple syrup, artificial sweeteners	Avoid – high glycemic impact or artificial additives