A complete guide to the

paleo diet

Fullscript

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What is the paleo diet?

The Paleolithic diet (PD), also known as the paleo diet, caveman diet, and Stone Age diet, is a modern dietary pattern that is composed of foods that were traditionally consumed during the Paleolithic era, which took place from approximately 2.5 million to 10,000 years ago. Researchers have studied diets of modern hunter-gatherer tribes, which has helped identify commonalities of traditional diets in the Paleolithic era. Traditional hunter-gatherer diets varied based on location, season, and food availability. These diets were primarily plant-based and included:

- Animals, particularly small, lean game animals (e.g., rabbit, pheasant)
- Insects and insect products (e.g., honey, honeycombs)
- Plants (e.g., tubers, nuts, seeds, some wild-grown grains, legumes, flowers)
- Seafood (e.g., small fish, shellfish)

The introduction of industrial agriculture and food production has resulted in modern-day food and dietary patterns that are dramatically different from the diets consumed during the Paleolithic era. A high consumption of processed foods, typical of a standard Western diet, has been associated with an increased risk of chronic health conditions, such as heart disease, diabetes, high blood pressure, and obesity.

The PD was developed in the 1970s as a means to return to a traditional, health-promoting dietary pattern in the modern age. There are slightly different variations of the PD; however, the diet generally consists of vegetables, roots and tubers, fruits, nuts, fish, eggs, and animal proteins. Foods and ingredients that are commonly avoided include dairy and dairy products, grains, sugar, salt, and any processed foods.

How the paleo diet works

To understand the health effects of the PD, it's important to note that the PD differs from the modern-day Western diet (WD) in several significant ways. The PD is generally higher in protein and lower in carbohydrates. The carbohydrate foods consumed on the PD are primarily low-glycemic and low-insulinemic, meaning they have a smaller effect on the release of insulin to manage blood glucose (sugar) levels after eating. Conversely, WDs include a high intake of high-glycemic carbohydrates, which is associated with elevated glucose and insulin levels after a meal. Chronically elevated blood glucose levels are associated with negative metabolic changes such as oxidative stress and insulin resistance.

Traditionally, PDs included a balanced ratio of omega-6 to omega-3 polyunsaturated fatty acids (PUFAs). In the WD, a high consumption of vegetable oils has shifted this balance to an unhealthy ratio high in omega-6 PUFAs. A high intake of omega-6 fatty acids has been associated with promoting inflammation and thrombosis (blood clotting), as well as various chronic conditions, including Alzheimer's disease, cancer, heart disease, depression, inflammatory bowel disease (IBD), obesity, and type 2 diabetes.

Further, research has found reduced gut microbial diversity in Western urban populations when compared to individuals in traditional and rural settings. These findings suggest that a modern-day WD and lifestyle may negatively affect the health of the gut microbiome, also contributing to an increase in the prevalence of chronic diseases.

Did you know?

The human digestive tract hosts an extensive community of microorganisms, known as gut microbiota, which play an important role in body processes such as digestive, immune, and metabolic function.

The PD has been shown to modify the gut microbiome and improve cardiometabolic markers, resulting in various health benefits. One study that assessed the microbial composition in individuals following a modern PD found that the diet was associated with high microbial diversity similar to that of traditional hunter-gatherer populations. The authors suggest that the high intake of plant-based foods and elimination of processed foods contributed to the shift in microbiota.

Additionally, a systematic review and meta-analysis of trials found that the PD has beneficial effects on various cardiovascular and metabolic disease risk factors, including:

- C-reactive protein, an inflammatory marker
- Blood pressure (systolic and diastolic)
- Body fat percentage
- Body mass index (BMI)
- Body weight
- Triglyceride and cholesterol levels (e.g., high-density lipoprotein (HDL), low-density lipoprotein (LDL), total cholesterol)
- Waist circumference

Who would benefit from the paleo diet?

The PD may help prevent or address chronic lifestyle diseases by improving disease risk factors. The PD is associated with reduced risk of certain conditions such as:

- Acne vulgaris
- Cancer
- Cardiovascular disease
- Hyperlipidemia (elevated lipid levels in the blood)
- Metabolic syndrome
- Myopia (nearsightedness)
- Overweight and obesity
- Type 2 diabetes

Precautions

Research indicates that there are no major risks associated with the dietary restrictions recommended when following the PD. However, disadvantages of following the PD may include a low intake of certain nutrients, including calcium, iodine, and vitamin D, as well as increased consumption of certain toxins from fish, such as mercury. Additionally, it may be difficult to maintain the PD on a long-term basis. Work with your integrative healthcare practitioner to ensure that you are meeting your individual needs through diet and supplementation when necessary.

For a list of the safest seafood to consume based on mercury levels refer to the Appendix section of this guide.

Following a paleo diet

The PD emphasizes consuming foods that closely resemble the dietary patterns of our Paleolithic ancestors. Traditional hunter-gatherer diets are thought to have been composed of a moderate carbohydrate intake, moderate fat intake, high protein intake, low overall glycemic load, and a high omega-3 and fiber intake.

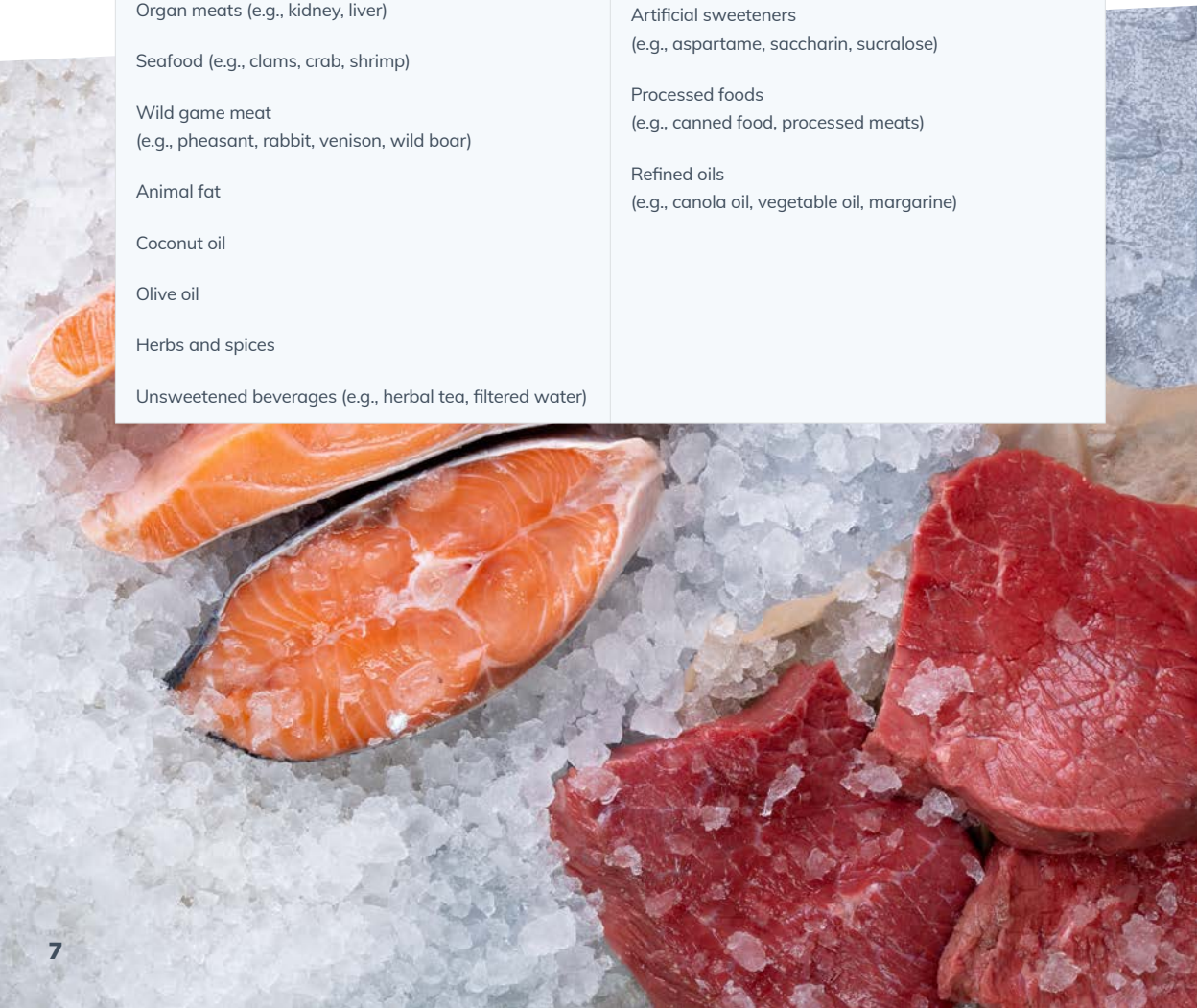
The content and quality of the food you consume are more important than the daily breakdown of macronutrients from carbohydrates, fat, and protein. The modern-day PD generally consists of 65% plant-based foods and 35% animal-based foods that are consumed in their whole, unprocessed forms. These proportions may be adapted to individual needs and preferences.

The paleo diet food pyramid

Paleo food list

The following table outlines foods to enjoy and avoid on the paleo diet.

Enjoy	Avoid
Vegetables, including roots and tubers	Dairy products (e.g., yogurt, milk, butter, cheese)
Fruit	Grains and grain products (e.g., wheat, barley, oats)
Nuts and seeds	Beans and legumes (e.g., chickpeas, lentils, kidney beans, peanuts)
Eggs	Salt
Fish (e.g., anchovies, cod, salmon)	Sugar (e.g., brown, white, beet, cane)
Lean meats (e.g., beef, poultry, lamb)	Artificial sweeteners (e.g., aspartame, saccharin, sucralose)
Organ meats (e.g., kidney, liver)	Processed foods (e.g., canned food, processed meats)
Seafood (e.g., clams, crab, shrimp)	Refined oils (e.g., canola oil, vegetable oil, margarine)
Wild game meat (e.g., pheasant, rabbit, venison, wild boar)	
Animal fat	
Coconut oil	
Olive oil	
Herbs and spices	
Unsweetened beverages (e.g., herbal tea, filtered water)	



Helpful tips

Shop the perimeter of the store

The freshest and often healthiest options are found around the perimeter of the grocery store. Produce, meat, poultry, seafood, and eggs can all be found on the outer edges of most grocery stores. Stick to buying most of your food from these sections and use caution in the center aisles, end caps, and checkout lanes since highly processed foods are more likely to be kept there. There are, of course, exceptions to this rule. Pantry staples permitted on the PD, including oils, nuts, and seeds, are commonly found within the aisles. Refer to the Appendix section for a paleo grocery shopping guide.

Always read food labels

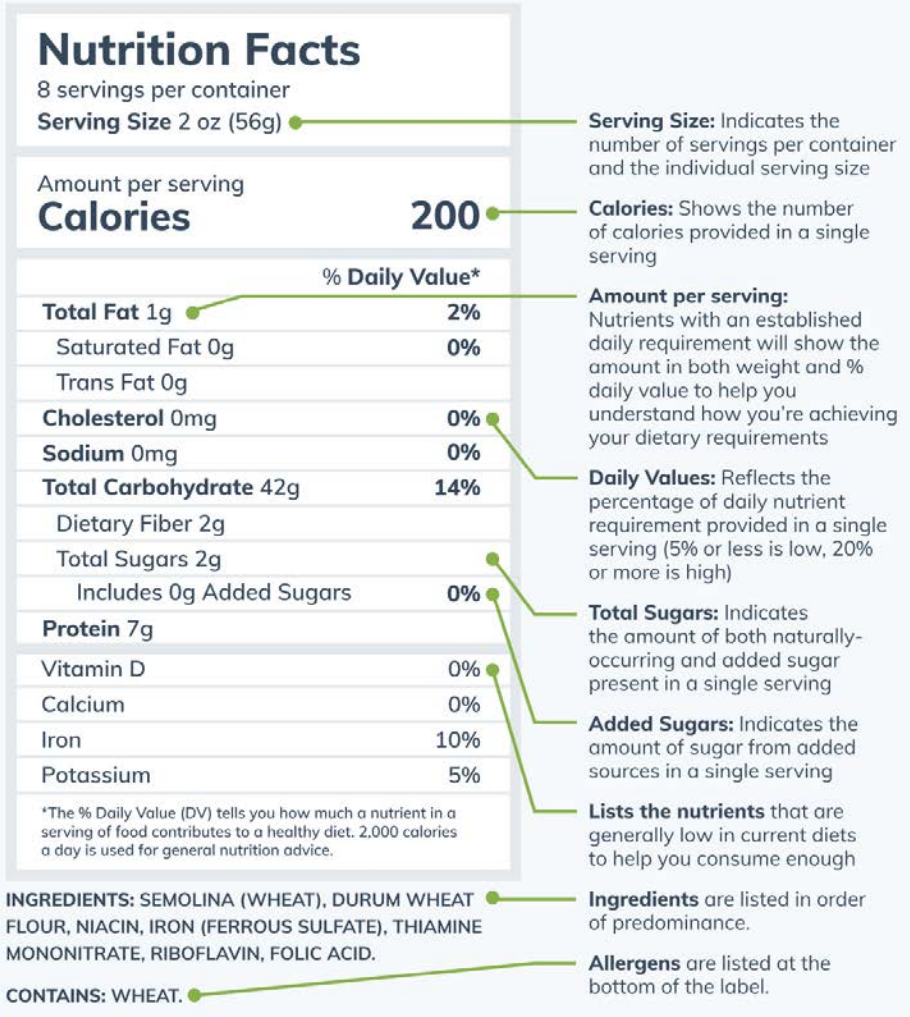
There are certain packaged foods and ingredients, such as pantry staples, that can be included in the PD as they are minimally processed. The details present on food labels can be used as a tool to help you make the best food choices while following the PD.

Sugar comes in many forms and can be listed in various ways on food labels, which can make added sugars difficult to identify. Be sure to check nutrition labels for hidden sources of sugar, even in foods you might not expect to find it, such as condiments, sauces, dried herbs and spices, and salad dressings. Additionally, food additives are frequently found in packaged foods to improve appearance, flavor, and shelf life.

Refer to the diagram on the following page for help deciphering the information on Nutrition Facts labels and to the Appendix section for additional information to help identify hidden sugars and additives listed on food labels.

Understanding the Nutrition Facts label

Reading Nutrition Facts labels



Cook at home

Due to the nature of the PD, the best option is to prepare your meals at home. This ensures that you will know which ingredients are in your food and that they comply with the diet. Consider this an exciting opportunity to get in the kitchen, be creative, and learn new skills, particularly if you're new to cooking. Make use of the many paleo cookbooks, websites, blogs, and apps to keep your meal choices varied and interesting.

Snack wisely

As the PD has grown in popularity over the last few years, there is a huge variety of paleo-friendly snacks and treats available. Be mindful that while these products may start with paleo-approved ingredients, the end result is typically still a processed food that may be high-glycemic or calorie-dense. Choose these ready-made snacks as an occasional treat. The best snacks to have on a regular basis include sliced vegetables, fruit, hard-boiled eggs, a handful of nuts or seeds, and homemade foods such as beef jerky and coconut yogurt.

Plan for dining out

Many restaurant dishes can be modified to comply with the PD. Review the restaurant's menu online or call to notify them of your dietary restrictions beforehand. The best dishes to choose are often a meat- or seafood-based main dish. Find out how the dish is prepared, and opt for choices that are steamed, poached, baked, or grilled, as dishes that are sauteed or fried are likely to contain refined oils. Request a salad or an extra serving of vegetables to replace any carbohydrate sides (e.g., bread, pasta, rice). Ask to omit or replace any sauce in the dish that is sweetened or contains flour or dairy (e.g., gravy, cream sauces, butter sauces).

Choose quality over quantity

When choosing meat and other animal-derived products, quality is key. Meat and animal products from organic or well-raised animals are higher in omega-3 fatty acids than their conventional counterparts. The antibiotic use in conventionally raised animals is also significantly minimized in organically raised animals. Opt for meat from organic, grass-fed, or pasture-raised animals; pasture-raised, omega-3-enriched, or free-range eggs; and wild-caught and sustainable sources of fish and seafood.

Go organic

When possible, choose organic produce instead of conventionally grown produce. Buying organic produce can help decrease your exposure to herbicides and pesticides, which may be linked to cancer as well as certain neurological, reproductive, endocrine, respiratory, and immunological conditions.

Consulting the most recent version of the Clean Fifteen and Dirty Dozen lists can help you make healthier choices when choosing your produce. This list, released annually by the Environmental Working Group (EWG), identifies the top twelve fruits and vegetables with the highest pesticide residue and the top fifteen with the least residue. Refer to the Appendix section of this guide for a complete list.

Follow paleo on a budget

One of the common concerns with the PD is that paleo foods are more expensive than other ingredients and foods at the grocery store. Fortunately, some shopping tips can help keep your food costs down.

Choose to buy foods in bulk, such as olive oil, nuts, and seeds, and store them in your fridge to maintain freshness. If accessible, you can source meat in bulk from a local farm and keep it in your freezer. At the grocery store or butcher, you can also look for bone-in cuts and organ meats, which are less expensive and highly nutrient-dense. When shopping for wild fish, buy it as a whole fish from the fishmonger or canned. Frozen fruit and vegetables are also good options. In the end, remember that your health is worth the investment.

Appendix:

Paleo diet resources

Frequently asked questions (FAQ)

Are there paleo-friendly sweeteners?

Refined sugar and artificial sweeteners are not permitted on the PD. There is some evidence that indicates that hunter-gatherer diets included raw honey and honeycombs, which can be used in small amounts to add sweetness. Common variations of the PD also permit small amounts of natural sugars and sweeteners that are not strictly paleo-friendly, such as coconut sugar, maple sap or pure maple syrup, molasses, monk fruit extract (from Luo Han Guo), and stevia extract *(from Stevia rebaudiana)*.

Can I be vegetarian and follow the paleo diet?

The popular belief that our ancient ancestors were carnivores has been disproven by anthropologists. Most traditional Paleolithic diets were primarily plant-based, with small amounts of animal foods consumed. The modern-day PD includes lean meats, eggs, fish, and seafood, and restricts foods commonly consumed on a vegetarian or vegan diet, such as dairy, grains, and legumes. This makes it difficult to observe the PD as well as a strict vegan or vegetarian diet while still meeting your nutritional requirements.

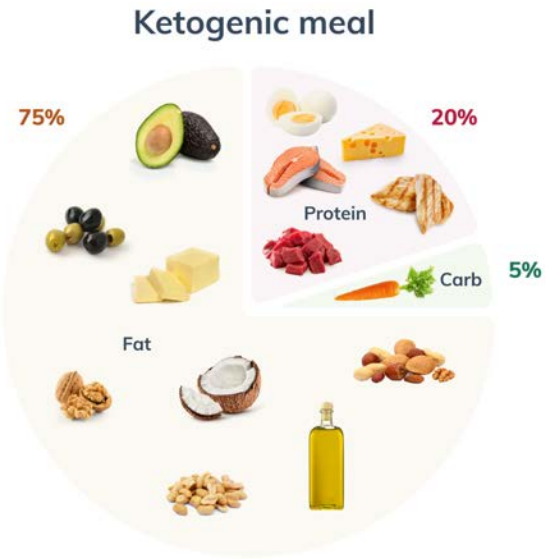
Consider incorporating a small amount of animal proteins, or work with your healthcare practitioner to determine whether supplementation may be appropriate.

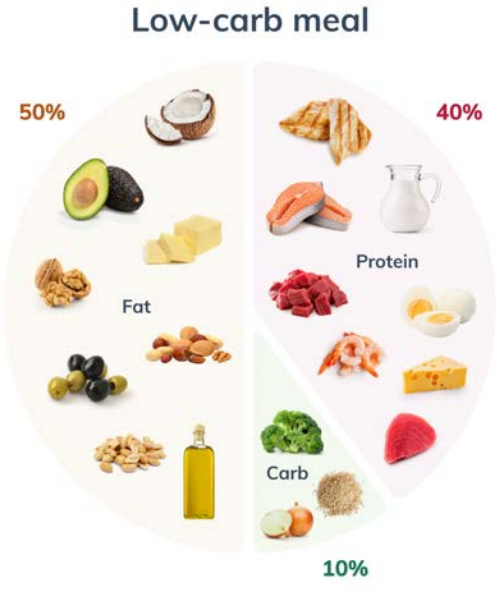
What's the difference between the ketogenic, low-carbohydrate, and paleo diet?

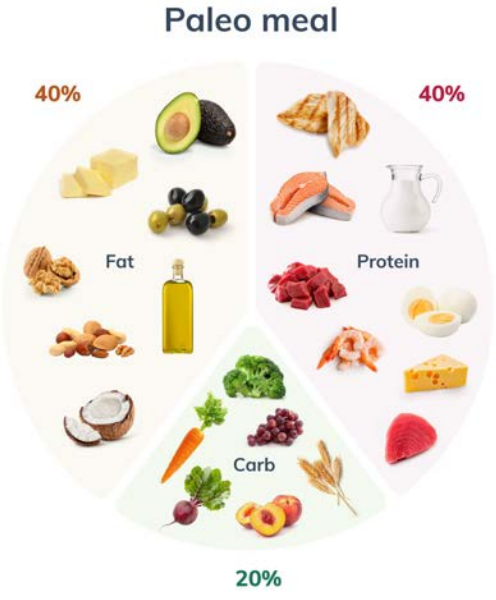
The paleo diet differs from these other dietary patterns that restrict the amount of carbohydrates consumed. A low-carbohydrate diet commonly consists of consuming around 20% of calories from carbohydrates per day, without specific intake requirements for protein or fat. A ketogenic (keto) diet is one type of very low-carbohydrate diet, permitting only 5 to 10% carbohydrates while encouraging fat intake. A typical paleo diet does not restrict carbohydrates and may in fact be a high-carbohydrate diet depending on the amount of starchy vegetables, fruit, and permitted sweeteners consumed.

Comparing the ketogenic, low-carbohydrate, and paleo diets

The approximate breakdown of calories from macronutrients for each diet is represented below.







Is alcohol permitted on the PD?

Some versions of the PD do permit certain types of alcohol, such as red wine. If alcohol consumption fits within your health goals and lifestyle preferences, choose paleo-friendly alcoholic beverages. These include organic wines, hard cider, and grain-free spirits such as tequila and vodka made from potatoes. Avoid cocktails or mixed drinks, as they often contain sugar, syrups, flavors, and salt. Always consume alcohol in moderation; one drink per day for adult women and two drinks per day for adult men is recommended.

Will I be hungry on the paleo diet?

Research comparing the characteristics of individuals following various restrictive dietary patterns found that the group following the PD had the lowest levels of food cravings, emotional eating, eating disorder symptoms, and negative affect (mood). However, transitioning to any new dietary pattern may be challenging as you adapt to the changes. To help ease the transition, consider using a diet diary or one of the paleo diet apps, both of which are found below in this guide.

What is a modified Paleolithic diet?

There are several variations of the classic PD, which can each be referred to as a modified Paleolithic diet. Examples include the autoimmune protocol diet (AIP), designed to address certain autoimmune conditions; the Wahls™ diet, developed to address neurodegenerative conditions, particularly Multiple sclerosis (MS); and the ketogenic PD, which is a high-fat, low-carbohydrate variation. Some modified versions of the PD also permit foods that are not strictly paleo, such as small amounts of gluten-free grains or grass-fed butter.

Is the paleo diet safe during pregnancy?

Research in pregnant women following the PD has found no adverse effects to the baby and no differences in pregnancy complications or labor outcomes when compared to a regular diet. Additionally, the PD may improve glucose tolerance, iron stores, and hemoglobin levels during pregnancy.

Grocery shopping list

Vegetables

- ☐ Arugula
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Collard greens
- ☐ Kale
- ☐ Mushrooms
- ☐ Radishes
- ☐ Rutabaga
- ☐ Spinach
- ☐ Turnips
- ☐ Watercress

Roots & tubers

- ☐ Cassava
- ☐ Potatoes
- ☐ Sweet potatoes
- ☐ Taro
- ☐ Yams

Fruits

- ☐ Apples
- ☐ Apricots
- ☐ Avocado
- ☐ Berries
- ☐ Grapefruit
- ☐ Lemons
- ☐ Limes
- ☐ Nectarines
- ☐ Oranges
- ☐ Peaches
- ☐ Pears
- ☐ Plums

Proteins

- ☐ Anchovies
- ☐ Beef
- ☐ Bison
- ☐ Clams
- ☐ Chicken
- ☐ Cod
- ☐ Crab
- ☐ Eggs
- ☐ Haddock
- ☐ Anchovies
- ☐ Fish
- ☐ Lamb
- ☐ Lobster
- ☐ Oysters
- ☐ Organ meats (e.g., heart, liver)
- ☐ Pheasant
- ☐ Rabbit
- ☐ Salmon
- ☐ Sardines
- ☐ Shrimp
- ☐ Squid
- ☐ Trout
- ☐ Tuna
- ☐ Turkey
- ☐ Veal
- ☐ Venison
- ☐ Wild boar

Oils & fats

- ☐ Beef fat (tallow)
- ☐ Chicken fat (schmaltz)
- ☐ Coconut oil
- ☐ Duck fat
- ☐ Olive oil
- ☐ Pork fat (lard)

Nuts & seeds (unsalted)

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Cashews
- ☐ Chia seeds
- ☐ Flax seeds
- ☐ Hazelnuts
- ☐ Hemp seeds
- ☐ Macadamia nuts
- ☐ Nut and seed butters, unsweetened, no added salt
- ☐ Pecans
- ☐ Pistachios
- ☐ Pumpkin seeds
- ☐ Sesame seeds
- ☐ Sunflower seeds
- ☐ Walnuts

Herbs & spices

Any fresh or dried herbs and spices, such as:

- ☐ Allspice
- ☐ Anise
- ☐ Basil
- ☐ Bay leaves
- ☐ Black pepper
- ☐ Cayenne pepper
- ☐ Cloves
- ☐ Cilantro (coriander)
- ☐ Cumin
- ☐ Cinnamon
- ☐ Dill
- ☐ Fennel
- ☐ Fenugreek
- ☐ Lemon balm
- ☐ Ginger
- ☐ Marjoram
- ☐ Mustard seeds
- ☐ Nutmeg
- ☐ Oregano
- ☐ Parsley
- ☐ Pepper
- ☐ Rosemary
- ☐ Saffron
- ☐ Sage
- ☐ Savory
- ☐ Tarragon
- ☐ Thyme
- ☐ Turmeric

Beverages

Unsweetened beverages, such as:

- ☐ Bone broth
- ☐ Filtered water
- ☐ Herbal tea
- ☐ Nut and/or seed milks (preferably homemade)
- ☐ Sparkling mineral water

Notes:

Paleo food swaps

Following a new diet can be challenging, particularly when you're restricting foods that you regularly consume. To help guide this change, the following table provides paleo substitutes for foods and beverages you may be accustomed to eating.

Food/ingredient	Paleo swap
Bread 	→ Wraps or cups made with: butter lettuce, cabbage leaves, collard greens, endives, romaine lettuce, etc. → Sweet potato slices, toasted
Flour and breading 	→ Grain-free flours: almond, cassava, coconut, tapioca, etc. Note that replacement ratios will vary; look for paleo recipes that will specify the required amount.
French fries 	→ Baked "fries" made with: parsnips, potatoes, rutabaga, sweet potatoes, turnips, etc.
Milk and cream 	→ Full-fat coconut milk → Nut and/or seed milks (preferably homemade): almond, cashew, hazelnut, sunflower seed, etc.
Pasta 	→ Spaghetti squash → Spiralized vegetables made with: beets, butternut squash, carrots, zucchini, etc.
Peanut butter 	→ Unsweetened, unsalted nut or seed butters: almond, Brazil nut, cashew, hazelnut, pumpkin seed, sunflower seed, etc.
Rice 	→ Riced cauliflower or broccoli (pulsed in a food processor to achieve the consistency of rice)
Sugar and artificial sweeteners 	→ Raw honey → Natural sugars and sweeteners (restricted on a strict paleo diet): coconut sugar, maple sap or pure maple syrup, molasses, monk fruit extract (from Luo Han Guo), stevia extract (from *Stevia rebaudiana*)
Vegetable oils and refined oils (e.g., canola, corn, cottonseed, grape seed oil, soybean oil) 	→ For low-temperature cooking: extra-virgin olive oil (EVOO) → For higher-temperature cooking: coconut oil, animal fats

Hidden sugars

Did you know that there are over 60 different names for sugar? Typically, you will be able to recognize if an ingredient is present in a food by referring to the ingredient label. However, certain dietary ingredients may be listed under a different name or may be derived from a certain food, making them difficult to recognize. The paleo diet restricts the intake of added sugars, which include:

- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Golden sugar
- Golden syrup
- Granulated sugar
- Grape sugar
- High-fructose corn syrup (HFCS)
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Maltol
- Maltose
- Mannose
- Molasses
- Muscovado
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum syrup
- Sucrose
- Sweet sorghum
- Syrup
- Treacle
- Turbinado sugar
- Yellow sugar

Common food additives

Additive	Function	Common names	Common sources	Concerns
Artificial food coloring	Coloring	FD&C Blue No. 1, FD&C Red No. 40, FD&C Yellow No. 5	Candy, desserts, packaged snack foods, soda	May contribute to hyperactivity symptoms in some children
Artificial sweeteners	Sweetener	Sucralose (Splenda), aspartame (Equal), saccharin (Sweet 'N Low), acesulfame-K (Sunnett)	Chewing gum, diet beverages, zero-calorie snacks and candies	Daily consumption of artificially sweetened beverages may be associated with higher risk of metabolic syndrome and type 2 diabetes
Carrageenan	Emulsifier	n/a	Ice cream, dairy products, margarine, chocolate, non-dairy beverages	May increase inflammation
Guar gum	Thickener	n/a	Dairy products, non-dairy beverages, baked goods, condiments	May cause gas and bloating
High-fructose corn syrup	Sweetener	Glucose-fructose syrup	Soda, packaged snack foods, desserts	Possible link to weight gain and diabetes
Monosodium glutamate (MSG)	Flavor enhancer	Glutamic acid, calcium glutamate, yeast extract	Fast food, packaged snack foods (e.g., chips, crackers), instant ramen, processed meats, seasonings and spice mixes	Safe for most people in moderation; however, those with MSG sensitivities may experience headache and mood changes
Sodium nitrate	Preservative	n/a	Processed meats (e.g., bacon, deli meats, beef jerky, hot dogs, sausage)	High intake increases risk of colorectal cancer
Xanthan gum	Thickener	n/a	Salad dressings, condiments	May cause gas and bloating

Note: The food additives outlined in this table are generally recognized as safe when consumed in small quantities.

EWG's Dirty Dozen and Clean Fifteen

Buying organic produce can help decrease your exposure to herbicides and pesticides. Consulting the 2021 Dirty Dozen and Clean Fifteen list can help you make healthier choices when choosing your produce. This list, released annually by the Environmental Working Group (EWG), identifies fruits and vegetables with the highest and lowest pesticide residue

Safe seafood

Fish and seafood, while highly nutritious foods, are commonly contaminated by environmental toxins, particularly mercury. The U.S. Food and Drug Administration (FDA) and Environmental Protection Agency (EPA) provide a list that can help you limit your intake of mercury. The following table outlines fish and seafood options that you should enjoy, moderate, and avoid.

Avoid Highest in mercury	Moderate 1 serving/week	Enjoy 2 to 3 servings/week	
King mackerel	Bluefish	Anchovy	Pickerel
Marlin	Buffalo fish	Atlantic croaker	Plaice
Orange roughy	Carp	Atlantic mackerel	Pollock
Shark	Chilean sea bass/ Patagonian toothfish	Black sea bass	Salmon
Swordfish	Grouper	Butterfish	Sardine
Tilefish (Gulf of Mexico)	Halibut	Catfish	Scallop
Tuna (bigeye)	Mahi mahi/dolphinfish	Clam	Shad
	Monkfish	Cod	Shrimp
	Rockfish	Crab	Skate
	Sablefish	Crawfish	Smelt
	Sheepshead	Flounder	Sole
	Snapper	Haddock	Squid
	Spanish mackerel	Hake	Tilapia
	Striped bass (ocean)	Herring	Trout (freshwater)
	Tilefish (Atlantic Ocean)	Lobster (American, spiny)	Tuna (canned light; includes skipjack)
	Tuna (albacore/white)	Mullet	Whitefish
	Tuna (yellowfin)	Oyster	Whiting
	Weakfish/seatrout	Pacific chub mackerel	
	White croaker/ Pacific croaker	Perch (freshwater and ocean)	

Diet diary

Keeping a diary of the foods and beverages you consume can help you stay on track with the PD and note if any physical, mental, or emotional symptoms occur during your dietary transition. Use the following table to track your food and beverage intake and any positive or negative symptoms you experience.

Day	Morning intake	Afternoon intake	Evening intake	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Paleo diet apps

An online app can be a useful tool for finding recipes, planning meals, and tracking food and nutrient intake. Examples of paleo diet apps include:

- Eat this much (App Store, Google Play)
- Nom Nom Paleo (App Store)
- Paleo Diet Plan (Google Play)
- Paleo.io (App Store, Google Play)
- Paleo Leap (App Store, Google Play)
- Paleo Plate (App Store)

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