



RECIPE CRITERIA

There are two types of recipes that we create at The Paleo Diet®.



TRUEPALEO™ recipes are purely Paleo.
They must be produced with little
to no processing.

All recipes must follow the following criteria:

- No dairy
- No grains, including pseudo grains
- No legumes
- No potatoes (*except sweet potatoes and yams*) or cassava

Only use the following oils:

- Avocado oil
- Coconut oil
- Flaxseed oil (*not for cooking*)
- Macadamia nut oil
- Olive oil
- Palm oil and palm kernel oil (*sustainably sourced*)
- Walnut oil (*not for cooking*)

To qualify for TRUEPALEO, the recipe must meet the following criteria:

- No added sodium, including table salt and sea salt

**Up to 4 grams per 100 Calories
of the following sugars:**

- Date paste
- Fruit juice
- Raw honey



PaleoFLEX™ allows for more flexibility
but still follows the main principles of
The Paleo Diet.

All recipes must follow the following criteria:

- No dairy
- No grains, including pseudo grains
- No legumes
- No potatoes (*except sweet potatoes and yams*) or cassava

To qualify for PaleoFLEX, the recipe must meet the following criteria:

- No more than 130 mg of added sodium per 100 Calories (*from sea salt, fleur de sel, sel gris, or pink salt*)
- No table salt. Sodium sources may not contain added anti-caking agents, iodine, or other additives.

Up to 6 grams per 100 Calories of the following sugars:

- Agave nectar, powder, and syrup
- Allulose (*extracted from fruit, not corn*)
- Coconut nectar, sugar, syrup, and palm sugars (*from date palm or sugar palm (Areanga pinnata)*)
- Date nectar, paste, powder, and syrup
- Erythritol (*extracted from fruit, not corn*)
- Fruit juice and fruit juice concentrates (*with no added sugars*)
- Maple nectar, sugar, and syrup
- Raw honey and honey powder (*with no added sugars*)
- Xylitol
- Yacón nectar, powder, and syrup

Allowable high-intensity sweeteners in TRUEPALEO™ and PaleoFLEX™ using industry standard quantities:

- Pure monk fruit extract (also known as lo han guo)
- Pure stevia extract

To check out our recipes, head to <https://thepaleodiet.com/>