

The paleo diet can be difficult to follow as a vegetarian. However, the modern paleo diet is an approximation to the real thing, so as vegetarians, it's ok to approximate too.

Some modifications that can make the diet more sustainable include:

OPTION 1:

Eat lots of eggs. One egg has about six grams of protein, so if they're going to be your primary source (lets say they'll provide 50% of your protein), you could be eating a dozen eggs a day. Possible, but you may get tired of eggs.

OPTION 2:

Allow hemp seed and grain-like seeds. If you choose to include things like hemp and quinoa to increase protein intake, make sure they are sprouted, and make sure to listen to your body carefully for any negative reactions.

OPTION 3:

Allow soaked or sprouted beans and legumes. Soaking and sprouting beans and legumes drastically reduces the amount of anti-nutrients that often give people digestive problems. They should be cooked from dried beans, pre-cooked or canned beans/legumes are not a good idea. Again, if you choose to include these, make sure to pay attention to any possible symptoms or reactions that may arise.

PROTEIN

Almond	Almond Flour
Brazil Nuts	Cashews
Chia Seeds	Flax Seeds
Flax Meal	Hemp Seeds
Macadamia Butter	Macadamia Nuts
Pecans	Pine Nuts
Pistachio	Pumpkin Seeds
Sunflower Seeds	Walnuts

VEGETABLES

Artichoke	Arugula	Asparagus
Beets	Bell Peppers	Broccoli
Brussels Sprouts	Cabbage	Cauliflower
Chard	Celery	Collard Greens
Cucumber	Eggplant	Fennel
Kale	Leeks	Mushrooms
Okra	Onions	Radish
Spinach	Tomatoes	Zucchini

ROOTS & TUBERS

Acorn Squash	Butternut Squash
Carrots	Jicama
Parsnip	Potatoes
Pumpkin	Spaghetti Squash
Summer Squash	Sweet Potatoes
Turnip	Yams

FRUITS & BERRIES

Apples	Apricot	Banana	Berries
Cherries	Dates	Figs	Grapefruit
Grapes	Kiwi	Lemons	Lime
Mango	Melon	Nectarines	Oranges
Peaches	Pears	Pineapple	Plum
Pomegranate	Raspberries	Strawberries	Watermelon

FATS

Avocado
 Avocado Oil
 Coconut Oil
 Coconut Butter
 Coconut Flakes
 Extra Virgin Olive Oil

HERBS

Basil
 Cilantro
 Garlic
 Mint
 Oregano
 Parsley
 Rosemary

CONDIMENTS

Apple Cider Vinegar
 Balsamic Vinegar
 Capers
 Coconut Aminos
 Dijon Mustard
 Yellow Mustard