

Paleolithic Diet

Dear research participant,

We are conducting this research study because we are interested in your diet and the types of food that you consume. We have compiled the following information in order to guide you through this study. Feel free to contact us anytime with questions that you may have and, once again, thank you for your participation. It will only help us get one step closer to understanding PCOS!

INFORMATIONAL WEBSITES

- Brief overview with FAQs: <http://bit.ly/18zFviS>
- The basics of the paleo diet, what is and is not allowed, restrictions, costs: <http://wb.md/2aOgwC0>
- Description, origins, benefits of Paleo: <http://bit.ly/2aRhw5o>
- Website of Loren Cordain, Ph.D., founder of the Paleolithic Movement: <http://thepaleodiet.com>

SAMPLE MEALS

Breakfast:

- Scrambled eggs with tomato or avocado
- Mushroom & spinach omelet
- Poached eggs
- Egg souffle

Lunch:

- Spaghetti squash with chicken & marinara
- Chicken tomato salad with lemon & olive oil
- Beef & broccoli stir-fry with onions and bell peppers
- Shrimp with avocado and mango
- Butternut squash soup and salmon arugula salad

Dinner:

- Steak & asparagus
- Grilled salmon & green beans
- Grilled skinless turkey breast & steamed broccoli
- Olive, garlic, and lemon chicken

Snacks:

- Toasted almonds
- Raw walnuts
- Fruit salad
- Apple slices & berries
- Carrot sticks & celery sticks with almond butter
- Fruit rolls, fruit leather
- Kale chips
- Fried plantains with cinnamon

Instead of milk:

- Coconut milk (or coconut water), and almond milk

Instead of wheat flour:

- Coconut flour and almond flour

~The possibilities are endless!~ (See below for recipes.)

PALEO RECIPES

Note: many recipe blogs encourage cured meats such as bacon, prosciutto, and sausage. Please avoid those, as they are processed foods that should not be included in the Paleo diet.

- allrecipes.com/recipes/healthy-recipes/special-diets/paleo-diet
 - Numerous recipes including chicken, salmon, and Paleo omelet muffins
- elanaspantry.com/paleo-diet-recipes
 - Ideas for breakfast, Paleo bread, lunch (soup, salad), dinner, and dessert
- nomnompaleo.com
 - Countless creative, easy-to-follow recipes with step-by-step pictures
- paleomg.com
 - Great blog with very organized recipes - meat, eggs, veggies, breakfast, treats, you name it!
- paleoleap.com
 - Very easy-to-navigate website with beautiful pictures of each dish
- everydaypaleo.com
 - Unique recipe combinations to suit any appetite
- ultimatepaleoguide.com
 - Avid Paleo blogger with nicely categorized recipes
- stupideasypaleo.com
 - Fun recipes teach you to be creative in going Paleo

BLOGS

- nerdfitness.com
 - Paleo blog for beginners - why Paleo? <http://bit.ly/18t8SQK>
 - How to afford the Paleo diet: <http://bit.ly/2at6dnD>
- robbwolf.com/blog
 - Paleo blog, overview, and meal plans
- nomnompaleo.com/paleo101
 - List of **recipes** with pictures and easy-to-follow instructions
- thepaleodiet.com
 - The basics of the Paleo diet, nutrient composition, Paleo **recipes**, and more.
- paleofoodmall.com
 - List of Paleo foods and products to purchase
- crossfitaerobicinc.com/paleo-nutrition/list-of-foods
 - List of foods to eat and not to eat and why

PHONE APPS

- **“Paleo Central” by Nerd Fitness**: excellent app for Paleo beginners (e.g. tells you what foods are Paleo)
 - <https://itunes.apple.com/us/app/paleo-central/id579924486?mt=8#>
- **Paleo Nom Nom**: Free (5000+) healthy recipes with filters for allergies, diets, and nutrition

- **Fooducate:** scan food items in the grocery store and this app will rate it on an A-F scale as well as provide healthier alternatives to not-so-healthy foods; it will also tell you which ingredients you want to avoid
- **My Fitness Pal:** record your daily food intake wherever you go
- **Food Tripping:** helps you find healthy restaurants, grocery markets, etc. in different areas
- **Seasonal and Simple:** tells you what fruits and vegetables are in season to help you save money, and it provides simple recipes on how to cook them

ONLINE FOOD PURCHASES

- <https://www.wildmountainpaleo.com/>
- <https://thrivemarket.com/paleo>

TIPS when eating out

- *Order lean meat or seafood with vegetables and fruit.*
- *Order salads and meat entrees that do not come with rice/noodles/potatoes.*
- *Request vegetables or a side salad to substitute rice/noodles/bread/mashed potatoes/fries.*
 - *Potatoes and sweet potatoes should be consumed in limited quantities (sweet potatoes are high-glycemic).*
- *Request olive oil and lemon instead of other processed dressings (e.g. Caesar, Italian).*
- *Avoid foods that must be made with salt (e.g. smoked and cured meat, ham, sausage, pickles, soups, most Chinese sauces, etc.).*
- *Substitute pancakes, toast, or potatoes for a fruit cup or banana.*
- *Ask for sauces or dressings on the side.*

Restaurants in SF/Berkeley

<p>Amawele's South African Kitchen 101 Spear Street, Financial District http://www.amawelessouthafricankitchen.com/ <i>Ex: Amawele's Peri-Peri chicken served on a bed of vegetables with a side of pickled beets</i></p>	<p>Bang San Thai (Thai, Halal, vegan) 791 O'Farrell St, San Francisco, CA 94109 http://www.bangsanthaicuisine.com/ <i>Ex: seafood salad</i></p>
<p>Beautifull (American) 3401 California Street, San Francisco, CA 94114 http://beautiful.com/ <i>Ex: Thai chicken salad</i></p>	<p>Blue Barn Gourmet (salads) 2237 Polk St, San Francisco, CA 94109 2105 Chestnut St, San Francisco, CA 94123 http://www.bluebarn gourmet.com/ <i>Ex: "U-Pick" (make-your-own) salad</i></p>
<p>Bubba Gump Shrimp Co. (seafood, American) Pier 39, San Francisco, CA 94133 http://www.bubbagump.com/ <i>Ex: Shrimp & veggie skewers (substitute rice)</i></p>	<p>Buckhorn Grill (steakhouse, American) 865 Market St, San Francisco, CA 94103 101 4th St, San Francisco, CA 94103 4 Embarcadero Ctr, San Francisco, CA 94111 http://www.buckhorngrill.com/ <i>Ex: Bayou pepper salmon over spring greens, spring mix fruit & nut salad (omit cheese)</i></p>
<p>Burma Superstar (Burmese) 309 Clement St, San Francisco, CA 94118 http://www.burmasuperstar.com/ <i>Ex: fiery beef with vegetables, chicken with fresh basil and mushrooms, Burmese style chicken salad</i></p>	<p>B-Dama (Japanese) 4301A Piedmont Ave, Oakland, CA 94611 http://www.asbdama.com/ <i>Ex: organic tofu & seaweed salad, beef tataki</i></p>
<p>Chipotle - choose burrito bowl or salad bowl (without rice & beans) instead of burrito; ask for extra meat and veggies 232 O'Farrell St, San Francisco, CA 94102 525 Market St, San Francisco, CA 94104 126 New Montgomery St, San Francisco, CA 94105 2311 Telegraph Ave, Berkeley, CA 94704 ~many other locations~ http://www.chipotle.com/en-us/Default.aspx <i>Ex: salad with steak, fajita vegetables, salsa, guacamole</i></p>	<p>Gather (American) 2200 Oxford St, Berkeley, CA 94704 http://www.gatherrestaurant.com/ <i>Ex: local lettuces salad with roasted chicken; mushroom escabeche</i></p>
<p>Il Pollaio (Italian, Argentine) 555 Columbus Ave, San Francisco, CA 94133 http://www.yelp.com/biz/il-pollaio-san-francisco <i>Ex: grilled chicken; rib-eye steak; combination salad</i></p>	<p>Marlowe (American) 330 Townsend St, San Francisco, CA 94107 http://marlowesf.com/ <i>Ex: half dozen oysters; crispy brussels sprout chips</i></p>
<p>Mixt Greens (salads) 120 Sansome St, San Francisco, CA 94104 560 Mission St, San Francisco, CA 94105 475 Sansome St, San Francisco, CA 94104 70 Mission St, San Francisco, CA 94105</p>	<p>Osha Thai 4 Embarcadero Ctr, San Francisco, CA 94110 149 2nd St, San Francisco, CA 94105 311 3rd St, San Francisco, CA 94107 2033 Union St, San Francisco, CA 94123</p>

<p>100 California St, San Francisco, CA 94111 http://mixtgreens.com/ <i>Ex: Peaches salad (roast pork loin, mixt greens, arugula, grilled peaches, almonds, corn...)</i></p>	<p>696 Geary St, San Francisco, CA 94102 819 Valencia St, San Francisco, CA 94110 2922 Diamond St, San Francisco, CA 94131 http://www.oshathai.com/ <i>Ex: volcanic beef; grilled Australian lamb; steak salad</i></p>
<p>Pacific Catch (seafood) 1200 9th Avenue, San Francisco, CA 94122 2027 Chestnut St, San Francisco, CA 94123 http://pacificcatch.com/ <i>Ex: salmon avocado poke; Thai coconut shrimp; pacific crab salad</i></p>	<p>The Plant Cafe Organic (vegetarian, vegan, juice bars) The Embarcadero, San Francisco, CA 94111 3352 Steiner St, San Francisco, CA 94123 101 California St, San Francisco, CA 94111 http://www.theplantcafe.com/ <i>Ex: avocado & grapefruit salad; pan seared day boat scallops; raw oysters</i></p>
<p>Pluto's (American, salads) 3258 Scott Street, San Francisco, CA 94123 627 Irving Street, San Francisco, CA 94122 http://www.plutosfreshfood.com/ <i>Ex: make your own green salad</i></p>	<p>Sutro's at the Cliff House (American) 1090 Point Lobos Ave, San Francisco, CA 94121 http://www.cliffhouse.com/sutro/index.html <i>Ex: Sutro's Dungeness crab Louis with egg, baby lettuces, avocado, Louis dressing</i></p>
<p>Trattoria Corso (Italian) 1788 Shattuck Ave, Berkeley, CA 94709 http://www.corsoberkeley.com/ <i>Ex: pan-roasted Steelhead salmon, beech mushrooms, corn, parsley; grilled whole Mediterranean sea bass</i></p>	<p>Sanctuary Bistro (Vegan) 1019 Camelia St, Berkeley, CA 94710 http://www.sanctuarybistro.com/ <i>Ex: braised moroccan tofu, tofu scallopini, cassoulet</i></p>

Grocery Stores in SF

San Francisco	Berkeley/Oakland
<p>Andronico's 1200 Irving St, San Francisco, CA 94122</p>	<p>Berkeley Bowl 920 Heinz Ave, Berkeley, CA 94710 2020 Oregon St, Berkeley, CA 94703</p>
<p>Costco 450 10th St, San Francisco, CA 94103 *http://thepaleomama.com/2013/02/shoppingpaleoatcostco/</p>	<p>Whole Foods 3000 Telegraph Ave, Berkeley, CA 94705 1025 Gilman St, Berkeley, CA 94710</p>
<p>Farmers' Markets - Embarcadero, Civic Center, Alemany, Stonestown 1 Ferry Bldg, San Francisco, CA 94111 [Tuesdays/Thursdays: 10AM-2PM Saturdays: 8AM-2PM] 1182 Market St, San Francisco, CA 94102 [Wednesdays: 7AM-5:30PM Sundays: 7AM-5PM]</p>	<p>Berkeley Farmers Market 63rd & Adeline Street TUESDAYS ONLY: 2PM-7PM</p>

<p>100 Alemany Blvd, San Francisco, CA 94110 [Saturdays only: 6AM-2:30PM] 3251 20th Ave, San Francisco, CA 94132 [Sundays only: 9AM-1PM]</p>	
<p>Foods Co 1800 Folsom St, San Francisco, CA 94103 345 Williams Ave, San Francisco, CA 94124</p>	<p>Berkeley Farmers Market (Organic) Shattuck Ave & Rose Street THURSDAYS ONLY: 3PM-7PM</p>
<p>Fresh & Easy 375 32nd Ave, San Francisco, CA 94121 1390 Silver Ave, San Francisco, CA 94134</p>	<p>Berkeley Farmers Market Center Street & MLK Jr. Way SATURDAYS ONLY: 10AM-3PM</p>
<p>Lucky 1750 Fulton St, San Francisco, CA 94117 1515 Sloat Blvd, San Francisco, CA 94132</p>	<p>Nature's Best Foods 1431 Jackson St, Oakland, CA 94612</p>
<p>Mollie Stone's Markets 2435 California St, San Francisco, CA 94115 635 Portola Dr, San Francisco, CA 94127 4201 18th St, San Francisco, CA 94114</p>	<p>Food Mill 3033 MacArthur Blvd, Oakland, CA 94602</p>
<p>Rainbow Grocery 1745 Folsom St, San Francisco, CA 94103</p>	<p>Farmer Joe's Marketplace 3426 Fruitvale Ave, Oakland, CA 94602</p>
<p>Safeway 298 King St, San Francisco, CA 94107 5290 Diamond Heights Blvd, San Francisco, CA 94131 15 Marina Blvd, San Francisco, CA 94123 2300 16th St, San Francisco, CA 94103 ~many other locations~</p>	<p>Sprouts 3035 Broadway, Oakland, CA 94611</p>
<p>Trader Joe's 401 Bay St, San Francisco, CA 94133 1095 Hyde St, San Francisco, CA 94109 3 Masonic Ave, San Francisco, CA 94118 555 9th St, San Francisco, CA 94103 265 Winston Dr, San Francisco, CA 94132</p>	<p>Monterey Market 1550 Hopkins St, Berkeley, CA 94707</p>
<p>Whole Foods 1765 California St, San Francisco, CA 94109 399 4th St, San Francisco, CA 94107 1150 Ocean Ave, San Francisco, CA 94112 2001 Market St, San Francisco, CA 94114 450 Rhode Island, San Francisco, CA 94107 690 Stanyan St, San Francisco, CA 94117 3950 24th St, San Francisco, CA 94114</p>	<p>Grocery Outlet 2001 Fourth St, Berkeley, CA 94710 2900 Broadway, Oakland, CA 94611</p>

Restaurants & Markets in Santa Clara

Restaurants	Markets
<p>Taste Restaurant 2909 Lakeside Dr Santa Clara, CA 95054 http://tasteonline.biz/</p>	<p>Safeway 3970 Rivermark Plz Santa Clara, CA 95054</p>
<p>Shabuway Japanese Style Hot Pot 2783 El Camino Real Santa Clara, CA 95051 http://www.shabuway.com/ <i>Ex: Angus prime beef; traditional vegetable plate; American Kobe beef</i></p>	<p>Lucky Supermarket 234 Saratoga Ave Santa Clara, CA 95052</p>
<p>Dish Dash 190 S Murphy Ave Sunnyvale, CA 94086 http://www.dishdash.com/ <i>Ex: kufta kebab; salmon tabsi; lamb shawarma salad</i></p>	<p>Santa Clara Produce Market 805 Scott Blvd Santa Clara, CA 95050</p>
<p>Caveman Bowls</p> <ul style="list-style-type: none"> many locations http://www.cavemanbowls.com/apps/locations one of them is: Sundown Crossfit 3505 The Alameda, Santa Clara, 95050 	
<p>Mixt Greens 2855 Stevens Creek Blvd Santa Clara, CA 95050</p>	
<p>Obed Mediterranean Cuisine 911 E Duane Ave Santa Clara, CA 94085 http://www.obedcuisine.com/ <i>Ex: chicken/lamb shawarma salad</i></p>	

Restaurants & Markets in San Jose

Restaurants	Markets
<p>Green Bites Cafe 1290 S Bascom Ave, Ste A San Jose, CA 95128 http://www.greenbitescafe.com/ <i>Ex: fitness salad; clean start omelet; competition omelet</i></p>	<p>The Whole Foods Market 777 The Alameda San Jose, CA 95126</p>
<p>Vung Tao Restaurant 535 E Santa Clara St, San Jose, CA 95112 http://www.vungtaurestaurant.com/ <i>Ex: grilled skewered pork; jumbo water prawns; green papaya salad; deboned chicken claws salad; bokchoy and shiitake mushrooms</i></p>	<p>Easy paleo meal delivery http://www.sunbasket.com/home?gclid=Cj0KEQjw6OOoBRDP9uG4oqzUv7kBEiQA0sRYBGfcYOPo1ivu011VxhSPpik6WK1EPzjQYDaj8l2uhwAaAtwp8P8HAQ</p>
<p>Blue Rock BBQ 3001 Meridian Ave, San Jose, CA 95124 www.bluerockbbq.com/ <i>Ex: Indonesian beef & pineapple skewers</i></p>	<p>Sprouts Farmers Market 1130 Branham Lane San Jose, CA 95118</p>
<p>Caveman Bowls</p> <ul style="list-style-type: none"> many locations http://www.cavemanbowls.com/apps/locations one of them is: 2059 Woodard Rd, San Jose, California 95124 	<p>Good Life Nutrition 437 S Kiely Blvd San Jose, CA 95117</p>
<p>Extreme Pita 1085 E Brokaw Rd #40, San Jose, CA 95131 http://extremepita.com/ <i>Ex: Thai chicken or beef salad</i></p>	<p>Maya's Cafe 2616 Union Ave San Jose, CA 95124 <i>Ex: Honduran pork chop; seafood soup with coconut</i></p>
<p>Chipotle Mexican Grill 4180 N 1st St San Jose, CA 95134</p>	<p>Veggie Grill 3055 Olin Ave San Jose, CA 95128 http://veggiegrill.com/ <i>Ex: Banh Mi salad; buffalo wing salad</i></p>