

Use the **Food Matrix** to make easy meals. Choose one or more traditional, whole foods from each column & customize endless meals. Make extra and save it for lunch the next day! Cook your food how you want. You can grill, bake, or slow cook your meals or follow these simple steps:



1. Heat a little oil/butter in a pan & season the protein. Brown the protein in the pan for 1-2 minutes.
2. Add veggies, herbs & spices, stir a few times, cover.
3. Set a timer for 5-10 minutes. If it's done, eat! If not, set the timer for a few more minutes. Easy!

VEGETABLES	PROTEINS	FATS	Herbs & Spices
Artichoke	Fish & Shellfish	Olive Oil (EVOO)	Allspice
Asparagus	Salmon, Tilapia, Trout,	Coconut Oil (virgin)	Basil / Oregano
Broccoli	Flounder, Snapper,	Butter (grass fed)	Bay Leaf
Brussels sprouts	Halibut, Mackerel,	Ghee	Black Pepper
Cabbage	Bass, Tuna, <i>others...</i>		Chili Powder
Carrots	Shrimp, Crab, Oyster,		Chives
Cauliflower	Scallops, <i>others...</i>		Cilantro
Celery	Chicken Breast		Cinnamon
Chard	Chicken Thigh		Coconut Amines
Collard Greens	Ground Chicken/Turkey		Cumin
Eggplant	Beef		Curry
Green Beans	New York Steak, Ribeye		Dill
Peppers (any)	Steak, Round Steak,	Other FAT foods to choose from:	Garlic
Kale	Ground Beef, Beef Ribs...	Raw Nuts, Olives,	Ginger
Mushrooms	Lamb Chops	Coconut, Avocado,	Hot Sauce
Okra	Lamb Rack	Cheese, Eggs (Omega3).	Lemon Pepper
Onions	Pork Loin/Chop		Nutmeg
Sea Vegetables	Pork Roast		Paprika
Spinach	Ribs	Purchase high quality,	Red Pepper
Tomatoes	Bacon/Sausage??	low processed	Salt
Zucchini	Venison Steaks	FATS & PROTEINS.	Store Blends

In addition to your meal above you can create simple, healthy **salad dressings, sauces, dips, marinades, or spreads** in a bowl. Choose a few bases and a few flavors. Be creative:

BASES (1 TBS each)			
Olive Oil • Coconut Milk / Oil • Avocado • Plain Greek Yogurt • Cottage Cheese • Sour Cream			
FLAVORS			
Vinegar (balsamic, rice)	Herbs (any)	Parmesan Cheese	Walnuts
Black / Red Pepper	Hot Sauce	Parsley	Diced Vegetables
Capers	Lemon/Lime Juice	Salsa	Mashed Berries (few)
Cilantro / Chives	Mustard	Sesame Seeds	Tuna / Sardines

If your weight and blood sugars are normal: use low sugar berries, citrus, or stone fruits for deserts if desired, add starchy vegetables, beans, rice, & high fiber whole grains as additional sources of carbs if indicated. Choose lean meats and minimize added fats and oils if your physician has prescribed a low fat diet.