

UPDATED Jan 2022

**PALEO MEAL MATRIX**

NO dairy. NO sugar. NO grains, rice, pasta, bread, oatmeal, corn. NO beans/legumes. NO processed stuff.

**WANT TO LOSE FAT?** You must eat the minimum amount listed below. If hungry, eat MORE lean Protein or Veggies .

**WANT TO MAINTAIN?** Add 1 Fat and/or 1 Starchy Carb; adjust as needed. **WANT TO GAIN?** Add Fat, Starchy Carbs, & Protein

( Women ) daily: Protein x4 portions... Veggies x4-6 portions... Carbs x3 portions... and Fat x2 portions

( Men ) daily: Protein x7 portions... Veggies x6-8 portions... Carbs x4 portions... and Fat x3 portions

Protein	Veggie	Carbs	Fat	FREE:	Going International
<b>1 portion = 1 palm-size</b>	<b>1 portion = 1 fist-size</b>	<b>1 portion = 1 cupped hand</b>	<b>1 portion = 1 thumb-size</b>	almond milk unsweet	Italian:
<b>or 1-1.5 cups or 4-6 oz</b>	<b>or 1 - 1.5 cup</b>	<b>or 1/2 - 2/3 cup or med size</b>	<b>or 1 oz or 1 tbsp</b>	water	crushed tomatoes, oregano, basil
chicken, whole	asparagus	potatoes, taro, yucca	olive oil	tea	
turkey, whole	beets & rutabaga	sweet potatoes	avocado oil	iced tea unsweet	
duck, whole	bell peppers - all	plantains	coconut oil	black coffee	Mexican:
lean ground beef 94/7%	broccoli	<b>ALL FRUIT</b>	nut butters	Stevia or monkfruit	spicy/mild salsa, jalepenos
lean ground turkey 99%	brussel sprouts	mango, pineapple, papaya	nuts	coconut flour, as thickener	
pork tenderloin	butternut squash	kiwi, plums, pluots	seeds		
pork chops, lean	cabbages - all	nectarine, peach, apricot	olives		Greek:
steak & roasts, lean	carrots	grapes, figs	avocado		fresh mint, olive oil, parsley, fresh tomatoes
bison, venison	cauliflower	watermelon, honeydew	bacon <- it's a fat		
lamb, goat	celery	cantelope	ghee		Hawaiian:
any game / wild meat	cucumbers	banana, apple, pear	mayo		coconut oil & coconut flakes, fresh fruit, ham
tuna, any white fish	eggplant	orange, tangerine, grapefruit	coconut		
salmon	frozen veggie combos	strawberries	<b>Cooking Method</b>		
seafood, all	garlic	blueberries	microwave	stove-top	
eggs, whole	green beans	raspberries	pan-fry / saute	smoker / grill	Indian:
egg whites: NOTE	lettuces - all	all berries	oven bake / roasting	air fryer	coconut milk, lemongrass, curry, chili powder, cumin
1 - 1.5 cup is 1 portion	mushrooms		boil / poach	crock pot	
protein shakes: NOTE	okra		broil	hot pot / instapot	
20-25g is 1 portion	onions - all		steam	braising / stewing	Japanese:
	parsnips				
<b>Very Limited</b>	pumpkin	Flavor: WET:	Flavor: DRY		tamari, 5 spice, stirfy veggies
fatty ground beef	radish, daikon, turnips	chicken stock	spicy or mild curry	dry rubs	
fatty ground turkey	salad greens	tomato paste	5 spice, anise	fresh / dry herbs	Korean:
steak or chops w/ fat	spaghetti squash	crushed tomato	cumin	coconut flakes	add kimchi spicy/mild
ribs, beef or pork	spinach & kale	tamari	lemongrass	cajun seasoning	
whole ham	squashes - all	dijon mustard	basil, oregano	Montreal seasoning	German:
Canadian bacon	tomatoes - all	any mustards	cilantro, dill, mint	Herb de provence	sauerkraut & spicy mustard
meat jerky	yellow squash	hot sauce	garlic, ginger	Mrs Dash	
chicken sausages	zucchini	salsa	black pepper	pretty much ANY dry seasoning	
		horseradish	sea salt		<b>You get the idea!!!</b>
		vinegars - all	rosemary, thyme		<b>Get creative :)</b>