

Appendix 3: Mix-and-Match Chart

What to eat? Use the mix-and-match chart and make sure you get enough of each food group at every meal.

	<i>Protein</i>	<i>Fats</i>	<i>Vegetables</i>	<i>Seasonings</i>
Serving*	4-8 oz (120-240 g)	1-3 tbsp (15-45 ml)	¼-¾ cup (60-175 ml) as tolerated	½-1 tsp (2-5 ml) of unrefined salt per day and other seasonings to taste
Elimination Phase	<input checked="" type="checkbox"/> Beef <input checked="" type="checkbox"/> Chicken <input checked="" type="checkbox"/> Duck <input checked="" type="checkbox"/> Turkey <input checked="" type="checkbox"/> Lamb <input checked="" type="checkbox"/> Pork <input checked="" type="checkbox"/> Venison <input checked="" type="checkbox"/> Wild boar <input checked="" type="checkbox"/> Bison <input checked="" type="checkbox"/> Fish <input checked="" type="checkbox"/> Seafood	<input checked="" type="checkbox"/> Ghee <input checked="" type="checkbox"/> Coconut oil <input checked="" type="checkbox"/> Olive oil <input checked="" type="checkbox"/> Avocado oil <input checked="" type="checkbox"/> Macadamia oil <input checked="" type="checkbox"/> Duck fat <input checked="" type="checkbox"/> Lard <input checked="" type="checkbox"/> Tallow	<input checked="" type="checkbox"/> Carrots <input checked="" type="checkbox"/> Zucchini <input checked="" type="checkbox"/> Spinach <input checked="" type="checkbox"/> Green beans ★ Boiled, steamed, stir-fried, roasted, puréed, or vegetable fries Always cooked thoroughly and ideally peeled, de-seeded, and puréed	<input checked="" type="checkbox"/> Unrefined salt <input checked="" type="checkbox"/> Apple cider vinegar <input checked="" type="checkbox"/> Fresh herbs <input checked="" type="checkbox"/> Dried herbs <input checked="" type="checkbox"/> Lemon <input checked="" type="checkbox"/> Limes <input checked="" type="checkbox"/> Cinnamon <input checked="" type="checkbox"/> Garlic-infused oil (p. 284) <input checked="" type="checkbox"/> Homemade pesto <input checked="" type="checkbox"/> Ginger <input checked="" type="checkbox"/> Chives <input checked="" type="checkbox"/> Green onions (green part only) <input checked="" type="checkbox"/> Asafoetida powder <input checked="" type="checkbox"/> Lemon butter sauce (p. 278) <input checked="" type="checkbox"/> Herbed ghee (p. 282) <input checked="" type="checkbox"/> Reduction sauce (p. 286)
As Tolerated	<input checked="" type="checkbox"/> Eggs <input checked="" type="checkbox"/> Shrimps <input checked="" type="checkbox"/> Sausages (gluten-free) <input checked="" type="checkbox"/> Ham, prosciutto, and deli meats (gluten free and sugar free) <input checked="" type="checkbox"/> Smoked fish	<input checked="" type="checkbox"/> Avocado <input checked="" type="checkbox"/> Butter <input checked="" type="checkbox"/> Homemade mayo (p. 288) <input checked="" type="checkbox"/> Hollandaise sauce <input checked="" type="checkbox"/> Cream <input checked="" type="checkbox"/> Coconut milk and coconut cream (guar gum-free) <input checked="" type="checkbox"/> Unsweetened dried coconut <input checked="" type="checkbox"/> Uncured bacon <input checked="" type="checkbox"/> Nuts <input checked="" type="checkbox"/> Nut butters <input checked="" type="checkbox"/> Basic vinaigrette (p. 290) <input checked="" type="checkbox"/> Guacamole <input checked="" type="checkbox"/> Garlic-infused oil (p. 284)	<input checked="" type="checkbox"/> Cauliflower <input checked="" type="checkbox"/> Broccoli <input checked="" type="checkbox"/> Cabbage <input checked="" type="checkbox"/> Tomato <input checked="" type="checkbox"/> Onion <input checked="" type="checkbox"/> Garlic <input checked="" type="checkbox"/> Asparagus <input checked="" type="checkbox"/> Bok choy <input checked="" type="checkbox"/> Beets <input checked="" type="checkbox"/> Butternut squash <input checked="" type="checkbox"/> Spaghetti squash <input checked="" type="checkbox"/> Turnip <input checked="" type="checkbox"/> Eggplant <input checked="" type="checkbox"/> Brussels sprouts <input checked="" type="checkbox"/> Bell pepper <input checked="" type="checkbox"/> Mushroom	<input checked="" type="checkbox"/> Balsamic vinegar <input checked="" type="checkbox"/> Red wine vinegar <input checked="" type="checkbox"/> Black pepper <input checked="" type="checkbox"/> Chili powder <input checked="" type="checkbox"/> Chili sauce <input checked="" type="checkbox"/> Turmeric and other spices <input checked="" type="checkbox"/> Coconut aminos <input checked="" type="checkbox"/> Tamari sauce (gluten-free) <input checked="" type="checkbox"/> Sea vegetables <input checked="" type="checkbox"/> Sundried tomatoes <input checked="" type="checkbox"/> Mustard powder <input checked="" type="checkbox"/> Tomato sauce <input checked="" type="checkbox"/> Fermented foods (p. 302-307)

*Per person per meal, adjusted as needed to stay full until next meal;