

THE MIX-n-MATCH FOOD MATRIX

A special THANK YOU to Robb Wolf and his team for allowing me to include this table. This table came directly from The Keto Masterclass: A 45-Day Program to Kickstart Your Keto Lifestyle. This masterclass can be found at <https://robbwolf.lpages.co/km-ketogains/> and is more than worth the investment if you feel a ketogenic plan is the way to go.

As you can see, using even one ingredient from each column results in endless meal possibilities. According to The Keto Masterclass document, there are 134,136 different combinations. That doesn't include the number of additional options that exist if you combine two items from one or more columns! Whoa! Mind Blown!

Instructions

- 1) Pick an ingredient from each column
- 2) Prepare ingredients
 - a. Cook, chop, etc
 - b. Don't forget to measure and/or weigh the amounts so you can properly log your food
 - c. Place in individual containers or mix together
 - d. Cook immediately, or place in container and refrigerate for cooking later
- 3) Cook (saute, grill, bake, broil, etc)

PROTEINS (27)	VEGGIES (23)	FATS (8)	HERBS and SPICES (27)
Chicken breast	Arugula	Coconut oil	Allspice
Chicken thigh	Aparagus	Olive oil	Basil
Flounder	Artichoke	Macadamia oil	Cardamom
Snapper	Bok choy	Avocado oil	Cinnamon
Halibut	Broccoli	Lard	Celery seed
Trout	Brussels sprouts	Duck fat	Dill
Bass	Cauliflower	Ghee	Fenugreek
Salmon steak	Celery	Butter	Garlic
Salmon fillet	Chard		Ginger
Shrimp	Daikon		Curry - Red
New York Strip	Dandelion greens		Curry - Green
Ribeye	Fennel Root		Curry - Yellow
Round steak	Kale		Oregano
Ground beef	Mushrooms		Cilantro
Beef ribs	Okra		Mint
Rump roast	Zucchini		Herbs de Provence
Lamb chops			Chili powder
Lamb rack			Paprika
Venison steaks			Cumin
Elk steaks			Black pepper