

# WHOLE30<sup>®</sup> MEAL MATRIX

Select a protein, vegetables and a healthy fat to create a meal using the Whole30 Meal Template. These are some of my favorite meal components and cooking methods. Get creative and enjoy!

PROTEIN	VEGETABLES	HEALTHY FAT	COOKING METHOD
<ul style="list-style-type: none"> <li>• Beef</li> <li>• Bison</li> <li>• Canned Chicken</li> <li>• Canned Salmon</li> <li>• Canned Tuna</li> <li>• Chicken</li> <li>• Chicken Sausage</li> <li>• Crab</li> <li>• Deli Roast Beef</li> <li>• Deli Turkey</li> <li>• Eggs</li> <li>• Ground Beef</li> <li>• Ground Chicken</li> <li>• Ground Pork</li> <li>• Ground Turkey</li> <li>• Mussels</li> <li>• Oysters</li> <li>• Pork</li> <li>• Port Sausage</li> <li>• Salmon</li> <li>• Sardines</li> <li>• Scallops</li> <li>• Shrimp</li> <li>• Trout</li> <li>• Tuna</li> <li>• Turkey</li> <li>• Whitefish</li> </ul>	<ul style="list-style-type: none"> <li>• Acorn Squash</li> <li>• Asparagus</li> <li>• Beet</li> <li>• Bell Pepper</li> <li>• Broccoli</li> <li>• Brussels Sprouts</li> <li>• Butternut Squash</li> <li>• Cabbage</li> <li>• Carrot</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Chili Peppers</li> <li>• Cucumber</li> <li>• Eggplant</li> <li>• Garlic</li> <li>• Kale</li> <li>• Lettuce</li> <li>• Mixed Greens</li> <li>• Mushroom</li> <li>• Onion</li> <li>• Parsnip</li> <li>• Potato</li> <li>• Radish</li> <li>• Spaghetti Squash</li> <li>• Spinach</li> <li>• Summer Squash</li> <li>• Sweet Potato</li> <li>• Tomato</li> <li>• Turnip</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Almonds</li> <li>• Almond Butter</li> <li>• Almond Milk</li> <li>• Avocado</li> <li>• Avocado Oil</li> <li>• Cashew</li> <li>• Cashew Butter</li> <li>• Cashew Milk</li> <li>• Chia Seeds</li> <li>• Coconut</li> <li>• Coconut Butter</li> <li>• Coconut Milk</li> <li>• Coconut Oil</li> <li>• Flax Seeds</li> <li>• Ghee &amp; Clarified Butter</li> <li>• Hazelnut Butter</li> <li>• Hazelnuts</li> <li>• Macadamia Nuts</li> <li>• Olive</li> <li>• Olive Oil</li> <li>• Pecans</li> <li>• Pine Nuts</li> <li>• Pistachio</li> <li>• Pumpkin Seeds</li> <li>• Sesame Oil</li> <li>• Sesame Seeds</li> <li>• Sunflower Seeds</li> <li>• Tahini (sesame seeds)</li> <li>• Walnuts</li> </ul>	<ul style="list-style-type: none"> <li>• Air Fryer</li> <li>• Bake</li> <li>• Boil</li> <li>• Broil</li> <li>• Crock Pot</li> <li>• Grill</li> <li>• Instant Pot / Pressure Cooker</li> <li>• No Cooking Required</li> <li>• One Pot Meal</li> <li>• Pan Fry / Skillet</li> <li>• Roast</li> <li>• Saute</li> <li>• Sheet Pan Meal</li> <li>• Soup / Stew</li> <li>• Steam</li> <li>• Stir Fry</li> </ul> 

Food Freedom Starts with Whole30

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