

Simple Food Combination Plan including Vegetarian and Vegan Plans.

These Combination Plans are simple and here is how they work: To dispel the notion that you are bored (and to show you how easy it is to make fantastic meals quickly AND with few ingredients) we will consider a few items that we can get from virtually any food shop. Let's consider our food options and after the introduction of the combination plans we can consider how to customise this for your specific needs.

Please note these lists are not exhaustive as there are thousands of ingredients available to us. It is to show you with a relatively small number of ingredients the possibilities for thousands of combinations.

You will notice a lot of the foods listed appear in other food groups, this is when a certain food contains more than one group, for example most nuts are both proteins and fats.

So that leaves us 29-proteins, 29-veggies, 20-fats and 31-herbs & spices on the vegetarian plan alone. If we take one item from each column we get $29 \times 29 \times 20 \times 31 = 521,420$ DIFFERENT meals. Divide that by 365 (1 different meal per day) and you will not see the same meal for 1429 YEARS.

This works really well, you will need to establish a new human longevity record to ever see the same dinner...and this is simple from the short list of meals listed above.

Most of these meals can be prepared in the following manner:

- 1: Heat some oil in a pan.
- 2: Cook the protein of your choice
- 3: If you are using a hearty herb/spice like ginger, add it before the protein, if it's delicate like basil, add it when the dish is almost done.
- 4: Add veggies.
- 5: Stir to combine, cover and set a timer for 5-10 minutes or until food is piping hot.
- 6: Once cooked through, serve and enjoy.

Now that your excuses are done, it's time to get cooking and explore new meal possibilities.

Below you'll find a blank Food Matrix chart that you can print out and fill in with proteins, vegetables, fats, herbs and spices that you and your family enjoy.

Customise meals based on that, but don't limit yourself, get out there and try some new things. Throwing one new ingredient into the mix can change the whole game for that meal.

Simple Food Combination Plan

PROTEINS	Carbohydrates	FATS	HERBS & SPICES
Chicken breast	Artichoke	Coconut Oil	Allspice
Chicken thigh	Asparagus	Olive Oil	Anise (Aniseed)
Turkey breast	Aubergine	Avocado Oil	Basil
Turkey thigh	Beetroot	Flaxseed Oil	Bay Leaf
Bass	Broccoli	Walnut Oil	Cayenne Pepper
Cod	Brussels Spouts	Almonds	Chilli Powder
Haddock	Cabbage	Brazil Nuts	Chives
Salmon	Carrots	Cashews	Cinnamon
Tuna	Cauliflower	Chestnuts	Cloves
Flatfish	Celery	Hazelnuts	Coriander
Mullet	Courgettes	Macadamia	Cumin
Monkfish	Chicory	Pecans	Curry Powder
Mackerel	Cucumber	Pine Nuts	Dill
Halibut	Fresh Greens	Pistachios	Garlic Powder
Herring	Kale	(unsalted)	Ginger Powder
Trout	Lettuce	Pumpkin	Nutmeg
Crab	Mushrooms	Seeds	Onion Powder
Clams	Onions	Sesame	Oregano
Crayfish	Peppers (all kinds)	Seeds	Paprika
Lobster	Pumpkin	Sunflower	Peppercorns, black
Muscles	Radish	Seeds	Parsley
Oysters	Rocket Leaves	Walnuts	Tarragon
Prawns	Spinach		Rosemary
Scallops	Tomatoes		Sage
Any other commercially available fish	Butternut Squash		Thyme
Eggs	Sweet Potato		Turmeric
Steak	Watercress		Plus any other herb or spice of your choice
Lamb Chops	Any other Fibrous Vegetable		
Lamb Rack	Pasta		
Lamb Leg	Wholegrain Rice		
Lamb Shoulder	Wholemeal Wraps		
	Wholemeal Bread		

Vegetarian Food Combination Plan

PROTIENS (29)	VEGETABLES (29)	FATS (20)	HERBS AND SPICES (31)
Eggs	Artichoke	Walnuts	Anise
Paneer	Asparagus	Almonds	Basil
Cottage cheese	Aubergine	Brazil nut oil	Bay leaf
Halloumi	Beetroot	Eggs	Cayenne pepper
Other cheese	Broccoli	Butter	Chilli
Tofu	Brussel sprouts	Cheese	Chinese five
Mycoprotein products (Quorn etc)	Cabbage	Coconut oil	spice
Nutritional yeast	Carrots	Omega 3's	Chives
Edamame beans	Cauliflower	Flax seed oil	Cinnamon
Lentils	Celery	Rape seed oil	Cloves
Pinto beans	Courgette	Hemp seed oil	Coriander
Chickpeas	Chard	Soya bean oil	Cumin
Mung beans	Chicory	Walnut oil	Curry powders
Fava beans	Cucumber	Algal oil	Dill
Lima beans	Greens	omega 6s	Garlic
Peas(green)	Kale	Corn oil	Ginger
Quinoa	Lettuce	Grape seed oil	Harissa
Wild rice	Mushrooms	Soya beans	Onion powder
Brussel sprouts	Onions	Sunflower oil	Oregano
Asparagus	Parsnip	Soya bean oil	Paprika
Broccoli	Peppers	Walnut oil	Black pepper
Chia seeds	Pumpkin	Wheatgerm oil	Corns
Avocado	Radish		Parsley
Soybeans	Rocket leaves		Tarragon
Pistachios	Spinach		Rosemary
Almonds	Tomatoes		Sage
Peanuts	Butternut squash		Thyme
Walnuts	Sweet potato		Turmeric
Greek yoghurt	Watercress		Any other herb or spice

Vegan Food Combination Plan

PROTIENS (26)	VEGETABLES (29)	FATS (17)	HERBS AND SPICES (31)
Tofu	Artichoke	Walnuts	Anise
Tempeh	Asparagus	Almonds	Basil
Mycoprotein products (Quorn etc)	Aubergine	Brazil nut oil	Bay leaf
Nutritional yeast	Beetroot	Coconut oil	Cayenne pepper
Edamame beans	Broccoli	Omega 3's	Chilli
Lentils	Brussel sprouts	Flaxseed oil	Chinese five spice
Pinto beans	Cabbage	Rapeseed oil	Chives
Chickpeas	Carrots	Hempseed oil	Cinnamon
Mung beans	Cauliflower	Soya bean oil	Cloves
Fava beans	Celery	Walnut oil	Coriander
Lima beans	Courgette	Algal oil	Cumin
Peas(green)	Chard	omega 6s	Curry powders
Quinoa	Chicory	Corn oil	Dill
Wild rice	Cucumber	Grapeseed oil	Garlic
Brussel sprouts	Greens	Soya beans	Ginger
Asparagus	Kale	Sunflower oil	Harissa
Broccoli	Lettuce	Soya bean oil	Onion powder
Chia seeds	Mushrooms	Walnut oil	Oregano
Avocado	Onions	Wheatgerm oil	Paprika
Soybeans	Parsnip		Black pepper
Pistachios	Peppers		Corns
Almonds	Pumpkin		Parsley
Peanuts	Radish		Tarragon
Walnuts	Rocket leaves		Rosemary
Pea protein powder	Spinach		Sage
Seitan	Tomatoes		Thyme
	Butternut squash		Turmeric
	Sweet potato		Any other herb or spice
	Watercress		