

The 4 Hour Body Food Matrix

PROTEINS

Eggs
Bacon
Chicken breast
Chicken thigh
Turkey
Flounder
Snapper
Trout
Halibut
Mackerel
Tuna
Bass
Salmon steak
Salmon fillet
Shrimp
New York steak
Rib eye steak
Round steak
Ground beef
Beef ribs
Rump roast
Beef stew meat
Pork loin
Pork chop
Pork ribs
Baby back ribs
Pork roast
Lamb chops
Lamb rack
Venison steaks

VEGETABLES

Asparagus
Avocado
Artichoke hearts
Bamboo Shoots
Bok Choy
Broccoli
Brussels sprouts
Beets
Butter Beans
Carrots
Collards
Celery
Daikon
Dandelion Greens
Eggplant
Fennel
Mushrooms
Zucchini
Fennel Root
Kale
Kohlrabi
Chard
Dandelion greens
Okra
Onions
Pea pods
Pumpkin
Radishes
Rutabaga
Snow Peas
Sprouts
Squash, zucchini
Spinach
Spring Mix
Turnip Greens

VEGETABLES

CONTINUED...

Acorn Squash
Butternut Squash
Yam
Sweet Potato
Red pepper
Romaine
Yellow pepper
Green pepper
Red cabbage
Green cabbage
Napa cabbage
Water Chestnuts

FATS/OILS

Olive oil
Coconut Oil
Walnut Oil
Macadamia oil
Avocado oil
Lard
Bacon Fat

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HERBS & SPICES

Allspice
Adobo
Basil
Cardamom
Cinnamon
Celery seed
Dill
Fenugreek
Garlic
Ginger
Cajun/Old Bay
Curry-Red
Curry-Green
Curry-Yellow
Oregano
Cilantro
Nutmeg
Rosemary
Thyme
Garam Masala
Bay Leaf
Salt
Herbs de
Provance
Chili powder
Paprika
Cumin
Black pepper

NUTS & SEEDS

Almonds
Brazil Nuts
Coconut
Hazelnuts
Macadamias
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

LEGUMES

Chickpeas
Hummus
Lentils
Lentil Soup
Minestrone Soup
Soybeans
Tofu/Bean Curd
Black
Pinto
Red Kidney
Pink Kidney
Refried