## THE PRIMAL BLUEPRINT FOOD PYRAMID

- Nutritious, satisfying, high-nutrient-value, low-insulin-stimulating foods.
  - Low carbohydrate, moderate protein, ample nutritious fats.
    - Flexible choices and meal habits by personal preference.
      - Free of grains, sugars, and refined vegetable oils.

Herbs, Spices,
Extracts:
High-antioxidant/
nutritional value

**Supplements:** 

Multi, omega-3, prebiotics, probiotics, protein/meal powder, vitamin D3, vitamin K2

Fruits: Local, fresh, high-antioxidant (berries #1)

High-Fat Dairy: Full-fat milk, cream, and yogurt; aged cheese;

fermented (kefir, sour cream)

**Nutritious Carbs:** Sweet potatoes, squash, quinoa, wild rice

Dark Chocolate: 75%+ cacao.

(antioxidants, low sugar, high satiety)

Cooking: Animal fats, avocado oil, butter, coconut oil

**HEALTHY FATS** 

**MODERATION** 

**FOODS** 

**Eating:** Avocados; coconut products; nuts, seeds & their butters; olives/extra virgin olive oil (MUFA sources for heart health)

Saturated, MUFA, and O3 fats (cellular, hormonal, metabolic function) and protein (build, repair, recover)

MEAT·FISH FOWL·EGGS

Emphasize local, pasture-raised, or certified organic

Abundant and varied intake for maximum nutrition/antioxidant values

**VEGETABLES** 



Colorful, locally grown, and/or organic