

Meal Matrix - select from each column for a meal

Protein	Vegetable	Fat	Spice
Beef Silverside	Asparagus	Avocado Oil	Allspice
Minced Beef or Burger	Avocado	Bacon Fat	Basil
Beef Ribs	Broccoli	Butter	Bay Leaf
Rump Roast	Brussels Sprouts	Cheese	Black Pepper **
Sirloin Steak	Beetroot **	Coconut Oil	Cardamom
Ribeye Steak	Butternut Squash	Ghee	Celery Seed
Beef Stew Meat	Chinese Cabbage	Lard	Chilies or Chili Powder
Cheese	Green Cabbage	Macadamia Oil	Cinnamon
Chicken Breast	Red Cabbage	Olive Oil - Extra virgin	Coriander / cilantro
Chicken thigh	Capsicum (red, yellow, green)		Cumin
Eggs	Carrots **		Curry - green
Gurnard	Cauliflower		Curry - Yellow
Hoki	Cauliflower Rice		Curry - red
Snapper	Celery		Dill
Salmon Steak	Courgette / Zucchini		Fenugreek
Salmon Fillet	Daikon		Garam Masala
Prawns	Fennel Root		Garlic
Pork Loin	Green Beans		Ginger
Pork Chop	Kale		Nutmeg
Pork Ribs	Lettuce		Oregano
Pork Roast	Mushrooms		Paprika
Pork Sausage	Onion		Rosemary
Bacon	Parsnip		Salt
Lambs Fry	Silver Beet **		Thyme
Lamb Chops	Spinach **		
Lamb Rack	Sweet Potato **		
Lamb Roast	Yam		
Venison Steak			
	** Higher Oxalate		