

Get Cooking: Ideas for Using Vegetables and Sauces

Sample chart to getting cooking ideas started using portal sauces.

Pick from non-starchy carb group if you are on a strict low carb plan, and add in the starchy carb group foods if you are on a moderate to low carb plan.

Remember, you want to have 9 - 11 servings of vegetables per day (1 serving is 1/2 c.) Mostly low carb, above the ground growing plants like leafy greens/herbs, peppers, tomatoes, green beans, zucchini, mushrooms etc.

20 % of your plants can come from starchy carb sources, and low glycemic fruit like berries, melon, citrus.

Remember to use the right fat or oil for the method of cooking. ie. higher heat needs a higher heat stable fat like ghee or coconut oil.

Protein	Fat	Non-Starchy Carb	Starchy Carb	Sauce/Dressing
Kosher Lamb	Ghee/Butter	All Leafy lettuce	Beets	Pesto
Kosher Beef	Olive Oil	Bitter greens	Winter Squash	Hippie Dressing
Chicken	Coconut Oil	Brassicas	Sweet Potato	Tahini Dressing
Cod	Avocado Oil	Eggplant	Yellow Finn	Sunflower Sauce
Branzino	Walnut Oil	Zucchini	Plantain	Asian Style
Salmon	Macadamia Oil	Radish	Rutabaga	Pistou
Anchovies	Pumpkin Seeds Oil	Peppers	Parsnips	Gremolate
Sardines	Sesame Oil	Mushrooms	Carrots	Chimmicurri
Herring	Avocado	Green Beans	Lentils	Curry
	Nuts/Seeds	Garlic	Blackbeans	Vinaigrette
	Olives	Fresh Herbs/ Spices	Garbanzo Beans	
etc.	etc.	etc.	etc.	etc.