

# My Paleo Plate: A guide to high nutrient balanced paleo meals

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**Fat:** Eat about a thumb size at each meal. 2 – 3 teaspoons of added oil or fat, if nuts about 2 – 3 table-spoons, if avocado; 1/4 to 1/2. Make sure you eat low omega 6 fats and foods high in omega 3 (Use this as a guide: [Omega 3 and 6 in fats, oils, meats and seafood](#)) If you are lean and need the extra fuel – don't be afraid to add more healthy fats to your meals. If you need to lose fat, eat mainly leaner cuts of meat and add only a small amount if any fat to meals.

**Fruit carbohydrates:** as needed. Fruit contains both glucose and fructose. Fructose is useful for topping up liver glycogen after exercise. Have 1 – 3 serves a day, primarily highly coloured fruit like berries. This is a 1/2 cup serve which has about 10 grams of carbs.

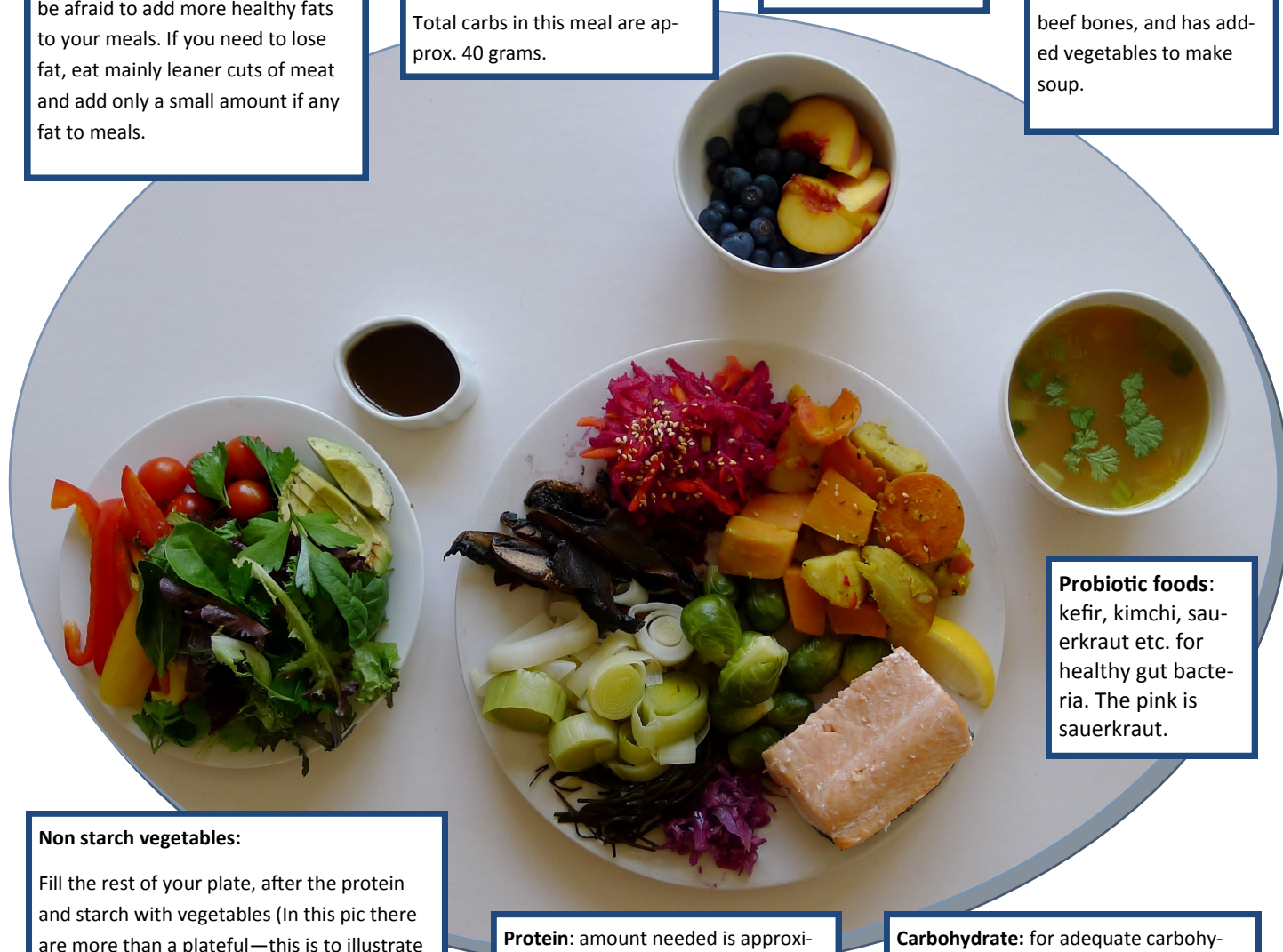
Total carbs in this meal are approx. 40 grams.

**Organ meats:** for their high nutrient value once a week—liver, kidneys etc. (not shown)

**Herbs and spices:** Use liberally.

**Make bone broth** and drink a small cup most days, or use bony meats like ox tail and lamb necks in slow cooked casseroles. These are rich in collagen and glucosamine, good for joints and gut.

This broth was made from beef bones, and has added vegetables to make soup.



**Probiotic foods:** kefir, kimchi, sauerkraut etc. for healthy gut bacteria. The pink is sauerkraut.

## Non starch vegetables:

Fill the rest of your plate, after the protein and starch with vegetables (In this pic there are more than a plateful—this is to illustrate the different groups.)

Some people may not feel comfortable eating this amount of fibre, or feel better eating well cooked vegetables.

Others may react to some vegetables if they are high in [histamines](#) or [FODMAPS](#)

At least one cup per meal in addition to starch. Try to get two cups per day from each of the [sulphur group](#), [green vegetables](#), and [bright colours](#)

Also add some **sea vegetables** for minerals.

**Protein:** amount needed is approximately 1.5 – 2 grams per kilo ideal body weight per day. For most people following this rule: 1 – 2 palms of protein food per meal just happens to work out very closely to this. The amount on this plate is 150 grams cooked salmon. That's about 30 grams of useable protein. (If you want to be more precise – use this as a guideline: [Protein amounts in sea-food, meat and dairy](#)) Eat mainly unprocessed meats with an emphasis on seafood and ruminant animals.

**Carbohydrate:** for adequate carbohydrate – at least 100 grams per day, this is the amount that most people need for physiological functions. If you are doing high intensity exercise like Cross-Fit or Boot camp, you may need more: 150 + grams a day. A fist of starch at each meal and one post workout usually supplies enough. On this plate there is beetroot, sweet potato and kumara. About a cup full = 30 grams carbs. For a more accurate guide to carb amounts use this: [Paleo diet carb list and carb counter.](#))