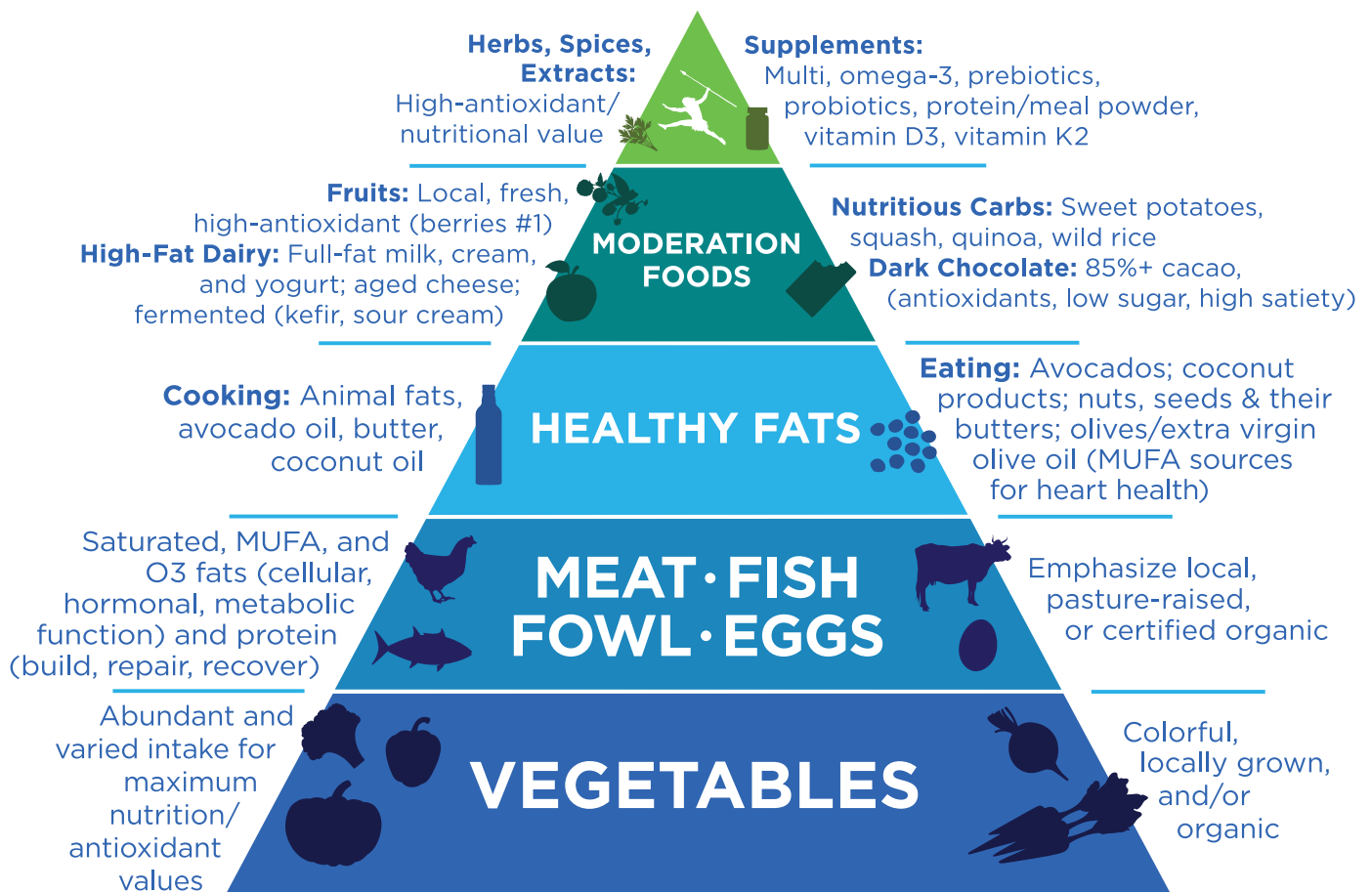


# PRIMAL BLUEPRINT FOOD PYRAMID

- 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.



**Pyramid Notes:** The Primal Blueprint Food Pyramid conveys which foods and categories to emphasize in the model of our hunter-gatherer ancestors. Meal emphasis should be on vegetables; think heaping portions crowding the plate, instead of the small-serving accoutrements we are accustomed to. However, most of your calories will come from animal foods (meat, fish, fowl, and eggs) due to their caloric density.

The most critical distinction between primal-style eating and the Standard American Diet (SAD) is the complete absence of the most offensive modern foods: refined sugars, grains and vegetable oils. These inflammatory, oxidative, nutrient devoid “foodlike substances” (as author Michael Pollan says) comprise an estimated two-thirds of total SAD calories. Ditching these agents opens you up to colorful, nutrient dense, highly satisfying foods that promote optimal gene expression.