

Core Food Plan (1800-2200 Calories)

Proteins

Proteins

Servings/day: 7-8 oz

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred

Animal Protein:

Cheese (hard)—½ oz
Cheese (low-fat)—1 oz
Cottage cheese (low-fat)—¼ c
Feta cheese (low-fat)—1 oz
Parmesan cheese—2 T
Ricotta cheese (low-fat)—¼ c
Egg—1; or 2 egg whites
Fish/Shellfish—1 oz
Meat: Beef, buffalo, elk, lamb, venison, other wild game—1 oz
Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.—1 oz

Plant Protein:

Mung bean/Edamame pasta—1 oz
Natto—1 oz
Nutritional yeast—2 T
Spirulina—2 T
Tempeh—1 oz
Tofu (firm/extra firm)—1½-2 oz
Tofu (soft/silken)—3 oz

Protein Powder:

Check label for # grams per scoop—1 protein serving = 7 g
Egg, hemp, pea, rice, soy, whey

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs
Average protein serving is 3-4 oz (size of palm of hand).

Legumes

Proteins/Carbs

Servings/day: 2-3

Organic, non-GMO preferred

Bean soups—¾ c
Black soybeans (cooked)—½ c
Dried beans, lentils, peas (cooked)—½ c
Edamame (cooked)—½ c
Flour, legume—¼ c

Green peas (cooked)—½ c
Hummus or other bean dips—½ c
Refried beans, vegetarian—½ c
Veggie burger (non-GMO)—1 patty

1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

Dairy & Alternatives

Proteins/Carbs

Servings/day: 3

Unsweetened, organic preferred

Dairy:

Kefir (plain)—6-8 oz
Milk: Cow, goat—8 oz
Yogurt, Greek (plain)—6 oz

Dairy Alternatives:

Milk: Soy, Almond, coconut, flaxseed, hazelnut, hemp, oat—8 oz
Yogurt: Coconut or soy (cultured)—4-6 oz
Kefir: Coconut, soy—4-6 oz

1 dairy serving = 90-150 calories, 7-8 g protein, 12 g carbs / 1 dairy alternative serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

Nuts & Seeds

Proteins/Fats

Servings/day: 3-5

Unsweetened, unsalted, organic preferred

Almonds—6
Brazil nuts—2
Cashews—6
Chia seeds—1 T
Coconut (dried)—3 T
Flaxseed (ground)—2 T
Hazelnuts—5
Hemp seed—1 T
Macadamias—2-3
Nut and seed butter—½ T

Peanuts—10
Pecan halves—4
Pine nuts—1 T
Pistachios—16
Pumpkin seeds—1 T
Sesame seeds—1 T
Soy nuts—2 T
Sunflower seeds—1 T
Walnut halves—4

1 serving = 45 calories, 5 g fat

Fats & Oils

Fats

Servings/day: 4-5

Minimally refined, cold-pressed, organic, non-GMO preferred

Avocado—2 T or ⅛ whole
Butter—1 t, 2 t whipped
Chocolate, dark (70% or higher cocoa)—1 oz
Coconut milk, regular (canned)—1½ T
Coconut milk, light (canned)—3 T
Ghee/clarified butter—1 t
Half and half—2 T
Mayonnaise (unsweetened)—1 t
Oils, cooking: Avocado, butter, coconut (virgin), grapeseed, olive (extra virgin), rice bran, sesame—1 t

Oils, salad: Almond, avocado, canola, flaxseed, grapeseed, hempseed, olive (extra virgin), pumpkin seed, safflower (high-oleic), sesame, sunflower (high-oleic), walnut—1 t
Olives: Black, green, kalamata—8
Pesto (olive oil)—1 T
Salad dressing made with quality oils—1 T

1 serving = 45 calories, 4 g fat

Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.

Vegetables Non-starchy

Carbs

Servings/day: 10*Organic, non-GMO preferred*

| | |
|---|---|
| Artichoke | Jicama |
| Arugula | Kohlrabi |
| Asparagus | Leeks |
| Bamboo shoots | Lettuce, all |
| Beets (cubed) | Microgreens |
| Bok choy | Mushrooms |
| Broccoflower | Okra |
| Broccoli | Onions |
| Brussels sprouts | Parsley |
| Cabbage | Peppers, all |
| Carrots | Radicchio |
| Cauliflower | Radishes |
| Celeriac root | Salsa |
| Celery | Scallions |
| Chard/Swiss chard | Sea vegetables |
| Chervil | Shallots |
| Chives | Snap peas/snow peas |
| Cilantro | Spinach |
| Cucumbers | Sprouts, all |
| Daikon radishes | Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc. |
| Eggplant | Tomato |
| Endive | Tomato juice— $\frac{3}{4}$ c |
| Escarole | Turnips |
| Fennel | Vegetable juice— $\frac{3}{4}$ c |
| Fermented vegetables: Kimchi, pickles, sauerkraut, etc. | Water chestnuts |
| Garlic | Watercress |
| Green beans | |
| Greens: Beet, collard, dandelion, kale, mustard, turnip, etc. | |
| Horseradish | |

1 serving = $\frac{1}{2}$ c, 1 c raw greens = 25 calories, 5 g carbs**Vegetables Starchy**

Carbs

Servings/day: 1-2*Organic, non-GMO preferred*

| | |
|--|--|
| Acorn squash (cubed)—1 c | Potatoes (mashed)— $\frac{1}{2}$ c |
| Butternut squash (cubed)—1 c | Root vegetables: Parsnip, rutabaga— $\frac{1}{2}$ c |
| Plantain— $\frac{1}{3}$ c or $\frac{1}{2}$ whole | Yam— $\frac{1}{2}$ med |
| Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ med | |

1 serving = 80 calories, 15 g carbs

Fruits

Carbs

Servings/day: 2-3*Organic, non-GMO preferred; unsweetened, no sugar added*

| | |
|-------------------------------|------------------------------------|
| Apple—1 sm | Melon, all—1 c |
| Applesauce— $\frac{1}{2}$ c | Nectarine—1 sm |
| Apricots—4 | Orange—1 sm |
| Banana— $\frac{1}{2}$ med | Papaya—1 c |
| Blackberries— $\frac{3}{4}$ c | Peach—1 sm |
| Blueberries— $\frac{3}{4}$ c | Pear—1 sm |
| Cherries—12 | Persimmon— $\frac{1}{2}$ |
| Cranberries— $\frac{3}{4}$ c | Pineapple— $\frac{3}{4}$ c |
| Dates or figs—3 | Plums—2 sm |
| Dried fruit—2 T | Pomegranate seeds— $\frac{1}{2}$ c |
| Goji berries (dried)—2 T | Prunes—3 med |
| Grapefruit— $\frac{1}{2}$ | Raisins—2 T |
| Grapes—15 | Raspberries—1 c |
| Kiwi—1 med | Strawberries—1 $\frac{1}{4}$ c |
| Mango— $\frac{1}{2}$ sm | Tangerines—2 sm |

1 serving = 60 calories, 15 g carbs

Whole Grains (100%)

Carbs

Servings/day: 2*Unsweetened, sprouted and organic preferred*

| | |
|--|--------------------------------------|
| Gluten-Free: | Cereal, whole wheat— $\frac{1}{2}$ c |
| Amaranth— $\frac{1}{3}$ c | Couscous— $\frac{1}{3}$ c |
| Buckwheat/kasha— $\frac{1}{2}$ c | Crackers, rye—4-7 |
| Grits: Corn, soy— $\frac{1}{2}$ c | Kamut— $\frac{1}{2}$ c |
| Millet— $\frac{1}{2}$ c | Spelt— $\frac{1}{3}$ c |
| Oats (rolled, steel-cut)— $\frac{1}{2}$ c | |
| Quinoa— $\frac{1}{2}$ c | Individual Portions: |
| Rice: Basmati, black, brown, purple, red, wild— $\frac{1}{3}$ c | Bread—1 sl |
| Sorghum— $\frac{1}{8}$ c | Granola (homemade)—3 T |
| Teff— $\frac{3}{4}$ c | Muesli— $\frac{1}{2}$ c |
| | Pasta— $\frac{1}{3}$ c |
| | Pita— $\frac{1}{2}$ |
| Gluten-Containing: | Tortilla—1, 6 in |
| Barley— $\frac{1}{3}$ c | |
| Bulgur— $\frac{1}{2}$ c | |

All grain servings are for cooked amounts. 1 serving = 75-110 calories, 15 g carbs.

Beverages, Spices & Condiments*Unsweetened, no sugar added*

| | |
|---------------------------------|---|
| Filtered water | Herbs and spices, all |
| Sparkling/mineral water | Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.—use sparingly, suggest 1 T or less per serving |
| Fresh juiced fruits/vegetables | |
| Coconut water | |
| Coffee | |
| Tea: Black, green, herbal, etc. | |

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