

Core Food Plan – Metric

Proteins

Proteins

Servings/day _____

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

Animal Proteins:

Cheese (hard)–14 g
Cheese (low-fat)–14 g
Cottage cheese (low-fat)–25 g
Feta cheese (low-fat)–28 g
Parmesan cheese–2 T
Ricotta cheese (low-fat)–25 g
Egg–1; or 2 egg whites
Fish/Shellfish–28 g
Meat: Beef, buffalo, elk, lamb, venison, other wild game–28 g
Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.–28 g

Plant Proteins:

Mung bean/Edamame pasta–28 g
Natto–28 g
Nutritional yeast–2 T
Spirulina–2 T
Tempeh–28 g
Tofu (firm/extra firm)–42-57 g
Tofu (soft/silken)–85 g

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 85-113 g (size of palm of hand).

Legumes

Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

Bean soups–177 ml
Black soybeans (cooked)–43 g
Dried beans, lentils, peas (cooked)–43 g
Edamame (cooked)–77 g
Flour, legume–34 g

Green peas (cooked)–43 g
Hummus or other bean dips–82 g
Refried beans, vegetarian–90 g
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 _____

Unsweetened, organic preferred

Dairy:

Kefir (plain)–170-227 g
Milk: Cow, goat–227 g
Yogurt, Greek (plain)–170 g

Dairy Alternatives:

Milk: Soy, Almond, coconut, flaxseed, hazelnut, hemp, oat–227 g
Yogurt: Coconut or soy (cultured)–113-170 g
Kefir: Coconut, soy–113-170 g

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 _____

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 butters–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 _____

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

Avocado–2 T or ½ whole
Butter–1 t, 2 t whipped
Chocolate, dark (70% or higher cocoa)–28 g
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 _____

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-177 ml
Escarole	Turnips
Fennel	Vegetable juice-177 ml
Fermented vegetables: Kimchi, pickles, sauerkraut, etc.	Water chestnuts
Garlic	Watercress
Green beans	
Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.	
Horseradish	

1 serving = 43 g, 130 g raw greens =
25 calories, 5 g carbs

Vegetables Starchy

Carbs

Servings/day _____

Organic, non-GMO preferred

Acorn squash (cubed)-125 g	Potatoes (mashed)-115 g
Butternut squash (cubed)-125 g	Root vegetables: Parsnip, rutabaga-75 g
Plantain-39 g or ½ whole	Yam-½ med
Potato: Purple, red, sweet, yellow-½ med	

1 serving = 80 calories, 15 g carbs

Fruits

Carbs

Servings/day _____

Organic, non-GMO preferred; unsweetened, no sugar added

Apple-1 sm	Melon, all-160 g
Applesauce-127 g	Nectarine-1 sm
Apricots-4	Orange-1 sm
Banana-½ med	Papaya-140 g
Blackberries-150 g	Peach-1 sm
Blueberries-150 g	Pear-1 sm
Cherries-12	Persimmon-½
Cranberries-150 g	Pineapple-170 g
Dates or figs-3	Plums-2 sm
Dried fruit-2 T	Pomegranate seeds-43 g
Goji berries (dried)-2 T	Prunes-3 med
Grapefruit-115 g	Raisins-2 T
Grapes-15	Raspberries-125 g
Kiwi-1 med	Strawberries-155 g
Mango-½ sm	Tangerines-2 sm

1 serving = 60 calories, 15 g carbs

Whole Grains (100%)

Carbs

Servings/day _____

Unsweetened, sprouted and organic preferred

Gluten-Free:	Cereal, whole wheat-42 g
Amaranth-28 g	Couscous-58 g
Buckwheat/kasha-43 g	Crackers, rye-4-7
Grits: Corn, soy-43 g	Kamut-59 g
Millet-100 g	Spelt-38 g
Oats (rolled, steel-cut)-42 g	
Quinoa-85 g	Individual Portions:
Rice: Basmati, black, brown, purple, red, wild-62 g	Bread-1 slice
Sorghum-15 g	Granola (homemade)-3 T
Teff-91 g	Muesli-42 g
	Pasta-65 g
	Pita-½
Gluten-Containing:	Tortilla-1, 6 in
Barley-65 g	
Bulgur-115 g	

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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