

# Core Food Plan— Vegan <sup>VE</sup>

## Proteins

Proteins

Servings/day \_\_\_\_\_

*Organic, non-GMO preferred*

### Plant Proteins:

Mung bean/Edamame pasta—  
½ 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  
Hemp, pea, rice, soy

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 \_\_\_\_\_

*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—  
⅓ 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 \_\_\_\_\_

*Unsweetened, organic preferred*

Milk: Almond, coconut,  
flaxseed, hazelnut, hemp, oat,  
rice, soy—8 oz

Yogurt: Coconut or soy  
(cultured)—4-6 oz  
Kefir: Coconut or soy—4-6 oz

1 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 seeds—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, 4 g fat

## Fats & Oils

Fats

Servings/day \_\_\_\_\_

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

Avocado—2 T or ⅛ whole  
Chocolate, dark (70% or higher  
cocoa, dairy-free)—1 oz  
Coconut milk, regular  
(canned)—1½ T  
Coconut milk, light (canned)—3 T  
Mayonnaise (unsweetened,  
egg-free)—1 t  
Olives: Black, green,  
kalamata—8

Oils, cooking: Avocado,  
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  
Salad dressings made with  
quality oils—1 T

1 serving = 45 calories, 5 g fat

Notes: 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	Horseradish
Arugula	Jicama
Asparagus	Kohlrabi
Bamboo shoots	Leeks
Beets (cubed)	Lettuce, all
Bok choy	Microgreens
Broccoflower	Mushrooms
Broccoli	Okra
Brussels sprouts	Onions
Cabbage	Parsley
Carrots	Peppers, all
Cauliflower	Radicchio
Celeriac root	Radishes
Celery	Salsa
Chard/Swiss chard	Scallions
Chervil	Sea vegetables
Chinese cabbage	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.	

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

Carbs

Servings/day \_\_\_\_\_

*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 \_\_\_\_\_

*Unsweetened, organic, non-GMO preferred; 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
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
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 \_\_\_\_\_

*Unsweetened, sprouted and organic preferred*

<b>Gluten-Free:</b>	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
Millet— $\frac{1}{2}$ c	Kamut— $\frac{1}{2}$ c
Oats (rolled, steel-cut)— $\frac{1}{2}$ c	Spelt— $\frac{1}{3}$ c
Quinoa— $\frac{1}{2}$ c	
Rice: Basmati, black, brown, purple, red, wild— $\frac{1}{3}$ c	<b>Individual Portions:</b>
Sorghum— $\frac{1}{8}$ c	Bread—1 slice
Teff— $\frac{3}{4}$ c	Granola (homemade)—3 T
	Muesli— $\frac{1}{2}$ c
<b>Gluten-Containing:</b>	Pasta— $\frac{1}{3}$ c
Barley— $\frac{1}{3}$ c	Pita— $\frac{1}{2}$
Bulgur— $\frac{1}{2}$ c	Tortilla—1, 6 in

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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