

# Core Food Plan— Vegetarian V

## Proteins

Proteins

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

*Free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish 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/scoop—  
1 protein serving=7 g  
Hemp, pea, rice, soy

### Animal Protein:

VL Lacto-vegetarian  
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  
Whey protein powder—7 g

### VO Ovo-vegetarian

Egg—1; or 2 egg whites  
Egg protein powder—7 g

### P Pescatarian

Fish/Shellfish—1 oz

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*

### Dairy:

#### VL Lacto-vegetarian

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

### Dairy Alternatives:

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 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 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 \_\_\_\_\_

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

Avocado—2 T or ⅓ whole  
Coconut milk, regular (canned)—  
1½ T  
Coconut milk, light (canned)—3 T  
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  
Olives: Black, green,  
kalamata—8  
Salad dressing made with  
quality oils—1 T

#### VL Lacto-vegetarian

Butter—1 t, 2 t *whipped*  
Chocolate, dark (70% or higher  
cocoa)—1 oz  
Ghee/clarified butter—1 t  
Half and half—2 T  
Oils, cooking: Butter—1 t  
Pesto—1 T

#### VO Ovo-vegetarian

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

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	Nectarine—1 sm
Applesauce— $\frac{1}{2}$ c	Orange—1 sm
Apricots—4	Papaya—1 c
Banana— $\frac{1}{2}$ med	Peach—1
Blackberries— $\frac{3}{4}$ c	Pear—1 sm
Blueberries— $\frac{3}{4}$ c	Persimmon— $\frac{1}{2}$
Cherries—12	Pineapple— $\frac{3}{4}$ c
Cranberries— $\frac{3}{4}$ c	Plums—2 sm
Dates or figs—3	Pomegranate seeds— $\frac{1}{2}$ c
Dried fruit—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
Melon, all—1 c	

1 serving = 60 calories, 15 g carbs

**Whole Grains (100%)**

Carbs

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

*Unsweetened, sprouted and organic preferred*

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