

Core Food Plan, Vegetarian – Metric 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 Protein:

Mung bean/Edamame pasta–
14 g
Natto–28 g
Nutritional yeast–2 T
Spirulina–2 T
Tempeh–28 g
Tofu (firm/extra firm)–42-56 g
Tofu (soft/silken)–85 g

Protein Powder:

Check label for # grams/scoop–
1 protein serving=7 g
Hemp, pea, rice, soy

Animal Protein:

VL Lacto-vegetarian

Cheese (hard)–14 g
Cheese (low-fat)–28 g
Cottage cheese (low-fat)–25 g
Feta cheese (low-fat)–28 g
Parmesan cheese–2 T
Ricotta cheese (low-fat)–25 g
Whey protein powder–7 g

VO Ovo-vegetarian

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

P Pescatarian

Fish/Shellfish–28 g

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)–90 g
Dried beans, lentils, peas
(cooked)–90 g
Edamame (cooked)–77 g
Flour, legume–34 g

Green peas (cooked)–40 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:

VL Lacto-vegetarian

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

Dairy Alternatives:

Milk: Almond, coconut,
flaxseed, hazelnut, hemp, oat,
rice, soy–227 g
Yogurt: Coconut or soy
(cultured)–113-170 g
Kefir: Coconut or 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 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 ¼ 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)–28 g
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	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
Chives	Shallots
Cilantro	Snap peas/snow peas
Cucumbers	Spinach
Daikon radishes	Sprouts, all
Eggplant	Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc.
Endive	Tomato
Escarole	Tomato juice—177 ml
Fennel	Turnips
Fermented vegetables: Kimchi, pickles, sauerkraut, etc.	Vegetable juice—177 ml
Garlic	Water chestnuts
Green beans	Watercress
Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.	

1 serving = ½ c, 130 g raw greens = 25 calories, 5 g carbs

Vegetables Starchy

Carbs

Servings/day _____

Organic, non-GMO preferred

Acorn squash (cubed)—1 c	Potatoes (mashed)—100 g
Butternut squash (cubed)—1 c	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 _____

Unsweetened, organic, non-GMO preferred; 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—230 g
Blackberries—75 g	Peach—1 sm
Blueberries—75 g	Pear—1 sm
Cherries—12	Persimmon—½
Cranberries—75 g	Pineapple—170 g
Dates or figs—3	Plums—2 sm
Dried fruit—2 T	Pomegranate seeds—43 g
Grapefruit—115 g	Prunes—3 med
Grapes—15	Raisins—2 T
Goji berries (dried)—2 T	Raspberries—125 g
Kiwi—1 med	Strawberries—250 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:	Gluten-Containing:
Amaranth—40 g	Barley—65 g
Buckwheat/kasha—65 g	Bulgur—115 g
Grits: Corn, soy—127 g	Cereal, whole wheat—42 g
Millet—100 g	Couscous—58 g
Oats (rolled, steel-cut)—65 g	Crackers, rye—4-7
Quinoa—65 g	Kamut—59 g
Rice: Basmati, black, brown, purple, red, wild—62 g	Spelt—38 g
Sorghum—15 g	
Teff—91 g	Individual Portions:
	Bread—1 slice
	Granola (homemade)—3 T
	Muesli—42 g
	Pasta—65 g
	Pita—100 g
	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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