

Mito Food Plan

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)—½ oz
Cheese (soft)—1 oz
Cottage cheese—¼ c
Parmesan cheese—2 T
Ricotta cheese—¼ c
Egg—1; or 2 egg whites
Fish, Omega-3 rich: Alaskan salmon*, cod*, halibut, herring, Atlantic mackerel*, sardines*, shrimp, tuna, etc.—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 Proteins:

Spirulina—2 T
Tempeh—1 oz
Tofu (firm/extra firm)—1.5-2 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 _____

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—¼ c

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

Dairy & Alternatives

Proteins/Carbs

Servings/day _____

Unsweetened, organic preferred

Dairy:

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

Dairy Alternatives:

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

1 dairy serving = 90-150 calories, 7-8 g protein, 12 g carbs / 1 dairy alternative serving = 12-45 calories, 1-5 g protein, 1-2 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
Nut cheeses (almond, cashew, etc.)—1 oz

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
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
Mayonnaise (unsweetened)—1 t
Oils, cooking: Avocado*, coconut*, ghee/clarified butter*, grapeseed, grass fed butter MCT*, olive (extra virgin)*, rice bran, sesame—1 t

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

1 serving = 45 calories, 4 g fat

*Items with asterisks and highlighted in teal indicate preferred therapeutic foods. Categories and items marked with # should be limited or avoided when following a more ketogenic version of the food plan.

Notes: Nutritional amounts are based on average values for the variety of foods within each food category. This food plan should be followed under the supervision of a qualified healthcare professional.

Vegetables Non-starchy

Carbs

Servings/day _____

Organic, non-GMO preferred

Artichoke	Kohlrabi*
Arugula*	Leeks*
Asparagus*	Lettuce, all
Bamboo shoots	Microgreens*
Beets (cubed)	Mushrooms
Bok choy*	Okra*
Broccoflower*	Onions*
Broccoli*	Parsley
Brussels sprouts*	Peppers, all
Cabbage*	Radishes*
Carrots	Salsa
Cauliflower*	Scallions*
Celeriac root	Sea vegetables*
Celery	Shallots*
Chard/Swiss chard	Snap peas/snow peas
Chives*	Spinach*
Cilantro	Sprouts*, all
Cucumbers	Squash: Delicata, pumpkin,
Daikon radish*	spaghetti, yellow, zucchini, etc.
Eggplant	Tomato
Endive	Tomato juice— $\frac{3}{4}$ c
Fennel	Turnips
Fermented vegetables*:	Vegetable juice— $\frac{3}{4}$ c
Kimchi, pickles, sauerkraut, etc.	Water chestnuts
Garlic*	Watercress*
Green beans	
Greens*: Beet, collard, chicory,	1 serving = $\frac{1}{2}$ c, 1 c raw greens =
dandelion, escarole, kale,	25 calories, 5 g carbs
mustard, purslane, radicchio,	
turnip, etc.*	
Horseradish	
Jicama	

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,
Plantain— $\frac{1}{3}$ c or $\frac{1}{2}$ whole	rutabaga— $\frac{1}{2}$ c
Potato: Purple, red, sweet,	Yam— $\frac{1}{2}$ med
yellow— $\frac{1}{2}$ med	

1 serving = 80 calories, 15 g carbs

Low Glycemic Impact Recommendations: Limit to 1-2 serving per day

Fruits#

Carbs

Servings/day _____

Organic, non-GMO preferred; unsweetened, 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
Dates or figs—3	Plums—2 sm
Dried fruit—2 T	Pomegranate seeds*— $\frac{1}{2}$ c
Grapefruit— $\frac{1}{2}$	Prunes—3 med
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

Low Glycemic Impact Recommendations Limit to 1-2 servings per day; limit dried fruit and fruit juices

Whole Grains

Carbs

Servings/day _____

Gluten-Free:

Amaranth— $\frac{1}{3}$ c
Buckwheat#— $\frac{1}{2}$ c
Millet— $\frac{1}{2}$ c
Oats (rolled, steel-cut)— $\frac{1}{2}$ c
Quinoa— $\frac{1}{2}$ c
Rice: Basmati, brown, wild— $\frac{1}{3}$ c
Teff— $\frac{3}{4}$ c

Gluten-Containing:

Bulgur— $\frac{1}{4}$ c
Spelt— $\frac{1}{4}$ c

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

Low Glycemic Impact Recommendations: Limit to 1-2 servings per day

Beverages, Spices & Condiments

Unsweetened, no sugar added

Black tea	Herbs and Spices: Curcumin,
Coffee	marjoram, oregano, sage, etc.
Filtered water	Condiments: Lemon/lime
Fresh juiced vegetables	juice, miso, mustard, tamari,
Gingko biloba tea	vinegars, etc.—use sparingly,
Green tea*	suggest 1 T or less per
Sparkling/mineral water	servings
Unsweetened coconut water#	
Yerba mate	

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