



Core Food Plan (1800–2200 Calories)

PROTEINS

Proteins

Servings/day: 7–8 oz

Lean, free-range, grass-fed, organically grown meats; non-GMO plant protein; and wild-caught fish preferred

Animal Protein:

- Cheese, hard— $\frac{1}{2}$ oz
- Cheese, low-fat—1 oz
- Cottage cheese, low-fat— $\frac{1}{4}$ c
- Feta cheese, low-fat—1 oz
- Parmesan cheese—2 T
- Ricotta cheese, low-fat— $\frac{1}{4}$ c
- Egg—1; or 2 egg whites
- Fish/Shellfish—1 oz
- Meat: Beef, buffalo, elk, lamb, venison, other wild game—1 oz

- Poultry (skinless): Chicken, Cornish hen, turkey—1 oz

Plant Protein:

- Tofu, firm/extra firm— $\frac{1}{2}$ –2 oz
- Tofu, soft, silken—3 oz
- Tempeh—1 oz
- Natto—1 oz

Protein Powder:

- Check label for # grams/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 (palm of hand sized).

LEGUMES

Proteins/Carbs

Servings/day: 2–3

Organic, non-GMO preferred

- Bean soups— $\frac{3}{4}$ c
- Black soybeans (cooked)— $\frac{1}{2}$ c
- Dried beans, lentils, peas (cooked)— $\frac{1}{2}$ c
- Edamame (cooked)— $\frac{1}{2}$ c
- Flour, legume— $\frac{1}{4}$ c
- Green peas (cooked)— $\frac{1}{2}$ c

- Hummus or other bean dips— $\frac{1}{3}$ c
- Veggie burger (non-GMO)—1 patty

- Refried beans, vegetarian— $\frac{1}{2}$ c

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

DAIRY & ALTERNATIVES

Proteins/Carbs

Servings/day: 3

Unsweetened, organic preferred

Dairy:

- 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, 1–4 g carbs, 1–9 g protein (nutritional values vary)

NUTS & SEEDS

Proteins/Fats

Servings/day: 3–5

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
- Nut and seed butter— $\frac{1}{2}$ 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 seed—1 T
- Walnut halves—4

1 serving = 45 calories, 5 g fat

FATS & OILS

Fats

Servings/day: 4–5

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

- Avocado—2 T
- Butter—1 t, 2 t whipped
- Chocolate, dark (70% or higher cocoa)—1 oz
- Coconut milk, regular (canned)— $1\frac{1}{2}$ T
- Coconut milk, light (canned)—3 T
- Ghee/clarified butter—1 t
- Oils, cooking: 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, high-oleic safflower and sunflower, sesame, walnut—1 t
- Half and half—2 T
- Mayonnaise (unsweetened)—1 t
- Olives, black or green—8
- Pesto (olive oil)—1 T
- Salad dressing 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: 10

- | | |
|---|--|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Lettuce, all |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Microgreens |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoflower | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Peppers, all |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Celeriac root | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Chard/Swiss chard | <input type="checkbox"/> Sea vegetables |
| <input type="checkbox"/> Chervil | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Snap peas/snow peas |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Sprouts, all |
| <input type="checkbox"/> Daikon radishes | <input type="checkbox"/> Squash (delicata, pumpkin, spaghetti, yellow, zucchini) |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Tomato juice— $\frac{3}{4}$ c |
| <input type="checkbox"/> Escarole | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Vegetable juice— $\frac{3}{4}$ c |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Vegetables, fermented |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Greens (beet, collard, dandelion, kale, mustard, turnip) | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Horseradish | |
| <input type="checkbox"/> Jicama | |

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

Servings/day: 1-2

- | | |
|---|--|
| <input type="checkbox"/> Acorn squash, cubed—1 c | <input type="checkbox"/> Potato: purple, red, sweet, yellow— $\frac{1}{2}$ med |
| <input type="checkbox"/> Beets, cubed—1 c | <input type="checkbox"/> Potatoes, mashed— $\frac{1}{2}$ c |
| <input type="checkbox"/> Butternut squash, cubed—1 c | <input type="checkbox"/> Root vegetables: parsnip, rutabaga— $\frac{1}{2}$ c |
| <input type="checkbox"/> Plantain— $\frac{1}{2}$ whole, $\frac{1}{3}$ c | <input type="checkbox"/> Yam— $\frac{1}{2}$ med |

1 serving = 80 calories, 15 g carbs

FRUITS**Carbs**

Servings/day: 2-3

 Unsweetened, no sugar added

- | | |
|---|---|
| <input type="checkbox"/> Apple—1 sm | <input type="checkbox"/> Melon, all—1 c |
| <input type="checkbox"/> Applesauce— $\frac{1}{2}$ c | <input type="checkbox"/> Nectarine—1 sm |
| <input type="checkbox"/> Apricots, fresh—4 | <input type="checkbox"/> Orange—1 sm |
| <input type="checkbox"/> Banana, med— $\frac{1}{2}$ | <input type="checkbox"/> Papaya—1 c |
| <input type="checkbox"/> Blackberries— $\frac{3}{4}$ c | <input type="checkbox"/> Peach—1 sm |
| <input type="checkbox"/> Blueberries— $\frac{3}{4}$ c | <input type="checkbox"/> Pear—1 sm |
| <input type="checkbox"/> Cherries—12 | <input type="checkbox"/> Persimmon— $\frac{1}{2}$ |
| <input type="checkbox"/> Dates or figs—3 | <input type="checkbox"/> Pineapple— $\frac{3}{4}$ c |
| <input type="checkbox"/> Dried fruit (no sugar added)—2 T | <input type="checkbox"/> Plums—2 sm |
| <input type="checkbox"/> Grapefruit— $\frac{1}{2}$ | <input type="checkbox"/> Pomegranate seeds— $\frac{1}{2}$ c |
| <input type="checkbox"/> Grapes—15 | <input type="checkbox"/> Prunes—3 med |
| <input type="checkbox"/> Goji berries (dried)—2 T | <input type="checkbox"/> Raisins—2 T |
| <input type="checkbox"/> Kiwi—1 | <input type="checkbox"/> Raspberries—1 c |
| <input type="checkbox"/> Mango— $\frac{1}{2}$ sm | <input type="checkbox"/> Strawberries—1 $\frac{1}{4}$ c |
| | <input type="checkbox"/> Tangerines—2 sm |

1 serving = 60 calories, 15 g carbs

Organic, non-GMO fruits and vegetables preferred**WHOLE GRAINS** (100%)**Carbs**

Servings/day: 2

 Unsweetened, sprouted and organic preferred**Gluten Free:**

- Amaranth— $\frac{1}{3}$ c
- Buckwheat/Kasha— $\frac{1}{2}$ c
- Grits, corn or soy— $\frac{1}{2}$ c
- Millet— $\frac{1}{2}$ c
- Oats (rolled oats, steel-cut oats)— $\frac{1}{2}$ c
- Quinoa— $\frac{1}{2}$ c
- Rice (basmati, black, brown, purple, red, wild)— $\frac{1}{3}$ c
- Sorghum— $\frac{1}{8}$ c
- Teff— $\frac{3}{4}$ c

All grain servings are for cooked amounts.

1 serving = 75-110 calories, 15 g carbs

Gluten Containing:

- Barley— $\frac{1}{3}$ c
- Bulgur— $\frac{1}{2}$ c
- Couscous— $\frac{1}{3}$ c
- Crackers, rye—4-7
- Kamut— $\frac{1}{2}$ c
- Spelt— $\frac{1}{3}$ c
- Whole wheat cereal— $\frac{1}{2}$ c

Individual portions:

- 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

BEVERAGES, SPICES & CONDIMENTS**Unsweetened, no sugar added**

- | | |
|---|--|
| <input type="checkbox"/> Filtered water | <input type="checkbox"/> Herbs, Spices—all |
| <input type="checkbox"/> Sparkling/mineral water | <input type="checkbox"/> Condiments (lemon/lime juice, miso, tamari, vinegars, etc.) |
| <input type="checkbox"/> Fresh juiced fruits/vegetables | |
| <input type="checkbox"/> Coconut water | |
| <input type="checkbox"/> Tea ((black, green, herbal) | |
| <input type="checkbox"/> Coffee | |

