



# Core Food Plan (1800–2200 Calories)

## PROTEINS

*Proteins*

Servings/day: 7–8 oz

**Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury 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, duck, pheasant, turkey, etc.—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: 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
- Mung bean/Edamame pasta—1 oz
- Natto—1 oz
- Nutritional yeast—2 T
- Spirulina—2 T
- Tempeh—1 oz
- Tofu (firm/extra firm)— $1\frac{1}{2}$ –2 oz
- Tofu (soft/silken)—3 oz

### Plant Protein:

- Mung bean/Edamame pasta—1 oz
- Natto—1 oz
- Nutritional yeast—2 T
- Spirulina—2 T
- Tempeh—1 oz
- Tofu (firm/extra firm)— $1\frac{1}{2}$ –2 oz
- Tofu (soft/silken)—3 oz

### Protein Powder:

- Check label for # grams/scoop (1 protein serving=7 g) Egg, hemp, pea, rice, soy, whey

- Refried beans, vegetarian— $\frac{1}{2}$  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: 3

**Unsweetened, organic preferred**

### Dairy:

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

### Dairy Alternatives:

- Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, rice, soy—8 oz
- Yogurt: Coconut, soy (cultured)—4–6 oz
- Kefir: Coconut, 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: 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
- Macadamias—2–3
- 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 seeds—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 or  $\frac{1}{8}$  whole
- 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
- Half and half—2 T
- Mayonnaise (unsweetened)—1 t
- Oils, cooking: Avocado, 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, safflower (high-oleic), sesame, sunflower (high-oleic), walnut—1 t
- Olives: Black, green, kalamata—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"/> Horseradish  |
| <input type="checkbox"/> Arugula   | <input type="checkbox"/> Jicama   |
| <input type="checkbox"/> Asparagus   | <input type="checkbox"/> Kohlrabi   |
| <input type="checkbox"/> Bamboo shoots   | <input type="checkbox"/> Leeks  |
| <input type="checkbox"/> Beets (cubed)   | <input type="checkbox"/> Lettuce, all   |
| <input type="checkbox"/> Bok choy  | <input type="checkbox"/> Microgreens  |
| <input type="checkbox"/> Broccoli  | <input type="checkbox"/> Mushrooms  |
| <input type="checkbox"/> Broccoli sprouts  | <input type="checkbox"/> Okra   |
| <input type="checkbox"/> Cabbage   | <input type="checkbox"/> Onions   |
| <input type="checkbox"/> Carrots   | <input type="checkbox"/> Parsley  |
| <input type="checkbox"/> Cauliflower   | <input type="checkbox"/> Peppers, all   |
| <input type="checkbox"/> Celeriac root   | <input type="checkbox"/> Radicchio  |
| <input type="checkbox"/> Celery  | <input type="checkbox"/> Radishes   |
| <input type="checkbox"/> Chard/Swiss chard   | <input type="checkbox"/> Salsa  |
| <input type="checkbox"/> Chervil   | <input type="checkbox"/> Scallions  |
| <input type="checkbox"/> Chives  | <input type="checkbox"/> Sea vegetables   |
| <input type="checkbox"/> Cilantro  | <input type="checkbox"/> Shallots   |
| <input type="checkbox"/> Cucumbers   | <input type="checkbox"/> Snap peas/snow peas  |
| <input type="checkbox"/> Daikon radishes   | <input type="checkbox"/> Spinach  |
| <input type="checkbox"/> Eggplant  | <input type="checkbox"/> Sprouts, all   |
| <input type="checkbox"/> Endive  | <input type="checkbox"/> Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc. |
| <input type="checkbox"/> Escarole  | <input type="checkbox"/> Tomato   |
| <input type="checkbox"/> Fennel  | <input type="checkbox"/> Tomato juice— $\frac{3}{4}$ c                                |
| <input type="checkbox"/> Fermented vegetables: Kimchi, pickles, sauerkraut, etc.       | <input type="checkbox"/> Turnips  |
| <input type="checkbox"/> Garlic  | <input type="checkbox"/> Vegetable juice— $\frac{3}{4}$ c                             |
| <input type="checkbox"/> Green beans   | <input type="checkbox"/> Water chestnuts  |
| <input type="checkbox"/> Greens: Beet, collard, dandelion, kale, mustard, turnip, etc. | <input type="checkbox"/> Watercress   |

1 serving =  $\frac{1}{2}$  c, 1 c raw greens = 25 calories, 5 g carbs**Organic, non-GMO fruits, vegetables, herbs and spices preferred****VEGETABLES** Starchy**Carbs**

Servings/day: 1–2

- |  |  |
|--|--|
| <input type="checkbox"/> Acorn squash  | <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— $\frac{1}{3}$ c or $\frac{1}{2}$ whole      | <input type="checkbox"/> Yam— $\frac{1}{2}$ med                              |
| <input type="checkbox"/> Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ 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—4                    | <input type="checkbox"/> Orange—1 sm                        |
| <input type="checkbox"/> Banana— $\frac{1}{2}$ med     | <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"/> Cranberries— $\frac{3}{4}$ c  | <input type="checkbox"/> Pineapple— $\frac{3}{4}$ c         |
| <input type="checkbox"/> Dates or figs—3               | <input type="checkbox"/> Plums—2 sm                         |
| <input type="checkbox"/> Dried fruit—2 T               | <input type="checkbox"/> Pomegranate seeds— $\frac{1}{2}$ c |
| <input type="checkbox"/> Grapefruit— $\frac{1}{2}$     | <input type="checkbox"/> Prunes—3 med                       |
| <input type="checkbox"/> Grapes—15                     | <input type="checkbox"/> Raisins—2 T                        |
| <input type="checkbox"/> Goji berries (dried)—2 T      | <input type="checkbox"/> Raspberries—1 c                    |
| <input type="checkbox"/> Kiwi—1 med                    | <input type="checkbox"/> Strawberries— $1\frac{1}{4}$ c     |
| <input type="checkbox"/> Mango— $\frac{1}{2}$ sm       | <input type="checkbox"/> Tangerines—2 sm                    |

1 serving = 60 calories, 15 g carbs

**WHOLE GRAINS** (100%)**Carbs**

Servings/day: 2

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

- Amaranth— $\frac{1}{3}$  c
- Buckwheat/kasha— $\frac{1}{2}$  c
- Grits: Corn, soy— $\frac{1}{2}$  c
- Millet— $\frac{1}{2}$  c
- Oats: Rolled, steel-cut— $\frac{1}{2}$  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
- Cereal, whole wheat— $\frac{1}{2}$  c
- Couscous— $\frac{1}{3}$  c
- Crackers, rye—4–7
- Kamut— $\frac{1}{2}$  c
- Spelt— $\frac{1}{3}$  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 and Spices, all  |
| <input type="checkbox"/> Sparkling/mineral water         | <input type="checkbox"/> Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.—use sparingly, suggest 1 T or less per serving |
| <input type="checkbox"/> Fresh juiced fruits/vegetables  |   |
| <input type="checkbox"/> Coconut water                   |   |
| <input type="checkbox"/> Coffee                          |   |
| <input type="checkbox"/> Tea: Black, green, herbal, etc. |   |

