

# Cardiometabolic Food Plan (1400-1800 Calories)

## Proteins

Proteins

Servings/day: 9-10

*Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred*

### Animal Proteins:

Cheese (low-fat)–1 oz  
Cheese (hard)–½ oz  
Cottage cheese (low-fat)–¼ c  
Feta cheese (low-fat)–1 oz  
Parmesan cheese–2 T  
Ricotta cheese (low-fat)–¼ c  
Egg–1; or 2 egg whites  
Fish/Shellfish\*: Halibut, herring, mackerel, salmon, sardines, 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:

Natto\*–1 oz  
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 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 cooked meat serving is 3-4 oz  
(size of deck of cards).

## Legumes

Proteins/Carbs

Servings/day: 1-2

*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: 1-2

*Unsweetened, organic preferred*

### Dairy:

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

### Dairy Alternatives:

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 = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

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

## Nuts & Seeds

Proteins/Fats

Servings/day: 2-3

*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  
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, 4 g fat

## Fats & Oils

Fats

Servings/day: 4

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

Avocado\*–2 T or ⅓ 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  
Ghee/clarified butter–1 t  
Mayonnaise (unsweetened)–1 t  
Olives\*: Black, green, kalamata–8  
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, rice bran, safflower (high-oleic), sesame, sunflower (high-oleic) walnut–1 t

1 serving = 45 calories, 4 g fat

\*Items with asterisks and highlighted in teal indicate preferred therapeutic foods

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: 7-8

*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
Chinese cabbage*	Shallots*
Chives	Snap peas/snow peas
Cilantro	Spinach*
Cucumbers	Sprouts, all
Daikon radishes	Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc.
Eggplant	Tomato*
Endive*	Tomato juice—¾ c
Escarole	Turnips
Fennel*	Vegetable juice—¾ c
Fermented vegetables: Kimchi, pickles, sauerkraut, etc.	Water chestnuts
Garlic*	Watercress*
Green beans	
Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.*	

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

**Vegetables Starchy**

Carbs

Servings/day: 1

*Organic, non-GMO preferred*

Acorn squash (cubed)—1 c	Potatoes (mashed)—½ c
Butternut squash (cubed)—1 c	Root vegetables: Parsnip, rutabaga—½ c
Plantain—½ c or ½ whole	Yam—½ med
Potato: Purple, red, sweet, yellow—½ med	

1 serving = 80 calories, 15 g carbs

**Low Glycemic Impact Recommendations** Short term: Consider removal  
Long term: Limit to 1 serving per day**Fruits**

Carbs

Servings/day: 2

*Unsweetened, unsalted, organic preferred; no sugar added*

Apple—1 sm	Nectarine—1 sm
Applesauce—½ c	Orange—1 sm
Apricots—4	Papaya—1 c
Banana—½ med	Peach—1
Blackberries—¾ c	Pear—1 sm
Blueberries*—¾ c	Persimmon—½
Cherries—12	Pineapple—¾ c
Grapefruit—½	Plums—2 sm
Grapes—15	Pomegranate seeds*—½ c
Kiwi—1 med	Raspberries—1 c
Mango—½ sm	Strawberries—1¼ c
Melon, all—1 c	Tangerines—2 sm

1 serving = 60 calories, 15 g carbs

**Low Glycemic Impact Recommendations** Limit to 2 servings per day. Avoid dried fruit and fruit juices.**Whole Grains (100%)**

Carbs

Servings/day: 1-2

*Unsweetened, sprouted and organic preferred*

<b>Gluten-Free:</b>	Cereal, whole wheat—½ c
Amaranth—½ c	Couscous—½ c
Buckwheat/kasha—½ c	Crackers, rye—4-7
Millet—½ c	Kamut—½ c
Oats (rolled, steel-cut)*—½ c	Semolina—½ c
Quinoa—½ c	Spelt—½ c
Rice: Basmati, black, brown, purple, red, wild—½ c	
Sorghum—½ c	
Teff—¾ c	

**Individual Portions:**

Bread—1 sl
Muesli—½ c
Pasta—½ c
Pita—½
Tortilla—1, 6 in

**Gluten-Containing:**

Barley*—½ c
Bulgur—½ c

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

**Low Glycemic Impact Recommendations** Short term: Consider removal  
Long term: Limit to 1-2 servings per day**Beverages, Spices & Condiments***Unsweetened, no sugar added*

Beetroot juice	Herbs and Spices: Cayenne, cinnamon, garlic, oregano, etc.
Filtered water	Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.—use sparingly, suggest 1 T or less per serving
Sparkling/mineral water	
Green tea	
Low-sodium vegetable juice	

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