

# Cardiometabolic Food Plan (1800-2200 Calories)

## Proteins

Proteins

Servings/day: 10-12

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

## Legumes

Proteins/Carbs

Servings/day: 2-3

*Organic, non-GMO preferred*

Bean soups–¾ c	Flour, legume–¼ c
Black soybeans (cooked)*–½ c	Green peas (cooked)–½ c
Dried beans, lentils, peas (cooked)–½ c	Hummus or other bean dips–½ c
Edamame (cooked)*–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: 2-3

*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: 3-4

*Unsweetened, unsalted, organic preferred*

Almonds*–6	Peanuts–10
Brazil nuts*–2	Pecan halves*–4
Cashews*–6	Pine nuts–1 T
Chia seeds*–1 T	Pistachios*–16
Coconut (dried)–3 T	Pumpkin seeds–1 T
Flaxseed (ground)*–2 T	Sesame seeds–1 T
Hazelnuts*–5	Soy nuts*–2 T
Hemp seeds*–1 T	Sunflower seeds–1 T
Macadamias–2-3	Walnut halves*–4
Nut and seed butters*–½ T	

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 ½ whole	Oils, cooking: Avocado*, butter, coconut (virgin), grapeseed, olive (extra virgin)*, rice bran, sesame–1 t
Butter–1 t, 2 t whipped	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
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	

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: 8-10

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— $\frac{3}{4}$ c
Escarole	Turnips
Fennel*	Vegetable juice— $\frac{3}{4}$ c
Fermented vegetables: Kimchi, pickles, sauerkraut, etc.	Water chestnuts
Garlic*	Watercress*
Green beans	
Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.*	

1 serving =  $\frac{1}{2}$  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)— $\frac{1}{2}$ c
Butternut squash (cubed)—1 c	Root vegetables: Parsnip, rutabaga— $\frac{1}{2}$ c
Plantain— $\frac{1}{2}$ c or $\frac{1}{2}$ whole	Yam— $\frac{1}{2}$ med
Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ 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

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
Grapefruit— $\frac{1}{2}$	Plums—2 sm
Grapes—15	Pomegranate seeds*— $\frac{1}{2}$ c
Kiwi—1 med	Raspberries—1 c
Mango— $\frac{1}{2}$ sm	Strawberries— $1\frac{1}{4}$ 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: 2

Unsweetened, sprouted and organic preferred

<b>Gluten-Free:</b>	Cereal, whole wheat— $\frac{1}{2}$ c
Amaranth— $\frac{1}{3}$ c	Couscous— $\frac{1}{3}$ c
Buckwheat/kasha— $\frac{1}{2}$ c	Crackers, rye—4-7
Millet— $\frac{1}{2}$ c	Kamut— $\frac{1}{2}$ c
Oats (rolled, steel-cut)*— $\frac{1}{2}$ c	Semolina— $\frac{1}{8}$ c
Quinoa— $\frac{1}{2}$ c	Spelt— $\frac{1}{3}$ c
Rice: Basmati, black, brown, purple, red, wild— $\frac{1}{3}$ c	
Sorghum— $\frac{1}{8}$ c	<b>Individual Portions:</b>
Teff— $\frac{3}{4}$ c	Bread—1 sl
	Muesli— $\frac{1}{2}$ c
	Pasta— $\frac{1}{3}$ c
	Pita— $\frac{1}{2}$
	Tortilla—1, 6 in

**Gluten-Containing:**

Barley\*— $\frac{1}{3}$  c  
Bulgur— $\frac{1}{2}$  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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