

# Core 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 (low-fat)—1 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—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:

Mung bean/Edamame pasta—1 oz  
Natto—1 oz  
Nutritional yeast—2 T  
Spirulina—2 T  
Tempeh—1 oz  
Tofu (firm/extra firm)—1½-2 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 \_\_\_\_\_

*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  
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 \_\_\_\_\_

*Unsweetened, organic preferred*

### Dairy:

Kefir (plain)—6-8 oz  
Milk: Cow, goat—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  
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 \_\_\_\_\_

*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 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, 5 g fat

## Fats & Oils

Fats

Servings/day \_\_\_\_\_

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

Avocado—2 T or ⅛ 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  
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, 4 g fat

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 \_\_\_\_\_

*Organic, non-GMO preferred*

Artichoke	Jicama
Arugula	Kohlrabi
Asparagus	Leeks
Bamboo shoots	Lettuce, all
Beets (cubed)	Microgreens
Bok choy	Mushrooms
Broccoflower	Okra
Broccoli	Onions
Brussels sprouts	Parsley
Cabbage	Peppers, all
Carrots	Radicchio
Cauliflower	Radishes
Celeriac root	Salsa
Celery	Scallions
Chard/Swiss chard	Sea vegetables
Chervil	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.	
Horseradish	

1 serving =  $\frac{1}{2}$  c, 1 c raw greens = 25 calories, 5 g carbs**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, rutabaga— $\frac{1}{2}$ c
Plantain— $\frac{1}{3}$ 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

**Fruits**

Carbs

Servings/day \_\_\_\_\_

*Organic, non-GMO preferred; unsweetened, no sugar added*

Apple—1 sm	Melon, all—1 c
Applesauce— $\frac{1}{2}$ c	Nectarine—1 sm
Apricots—4	Orange—1 sm
Banana— $\frac{1}{2}$ med	Papaya—1 c
Blackberries— $\frac{3}{4}$ c	Peach—1 sm
Blueberries— $\frac{3}{4}$ c	Pear—1 sm
Cherries—12	Persimmon— $\frac{1}{2}$
Cranberries— $\frac{3}{4}$ c	Pineapple— $\frac{3}{4}$ c
Dates or figs—3	Plums—2 sm
Dried fruit—2 T	Pomegranate seeds— $\frac{1}{2}$ c
Goji berries (dried)—2 T	Prunes—3 med
Grapefruit— $\frac{1}{2}$	Raisins—2 T
Grapes—15	Raspberries—1 c
Kiwi—1 med	Strawberries—1 $\frac{1}{4}$ c
Mango— $\frac{1}{2}$ sm	Tangerines—2 sm

1 serving = 60 calories, 15 g carbs

**Whole Grains (100%)**

Carbs

Servings/day \_\_\_\_\_

*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
Grits: Corn, soy— $\frac{1}{2}$ c	Kamut— $\frac{1}{2}$ c
Millet— $\frac{1}{2}$ c	Spelt— $\frac{1}{3}$ c
Oats (rolled, steel-cut)— $\frac{1}{2}$ c	
Quinoa— $\frac{1}{2}$ c	<b>Individual Portions:</b>
Rice: Basmati, black, brown, purple, red, wild— $\frac{1}{3}$ c	Bread—1 sl
Sorghum— $\frac{1}{8}$ c	Granola (homemade)—3 T
Teff— $\frac{3}{4}$ c	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.

**Beverages, Spices & Condiments***Unsweetened, no sugar added*

Filtered water	Herbs and spices, all
Sparkling/mineral water	Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.—use sparingly, suggest 1 T or less per serving
Fresh juiced fruits/vegetables	
Coconut water	
Coffee	
Tea: Black, green, herbal, etc.	

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