



# Core Food Plan – Metric

## 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 Protein:

- Cheese (hard)–15 g
- Cheese (low-fat)–30 g
- Cottage cheese (low-fat)–55 g
- Feta cheese (low-fat)–30 g
- Parmesan cheese–2 T
- Ricotta cheese (low-fat)–60 g
- Egg–1; or 2 egg whites
- Fish/Shellfish–30 g
- Meat: Beef, buffalo, elk, lamb, venison, other wild game–30 g
- Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.–30 g

1 serving as listed = 35–75 calories, 5–7 g protein, 3–5 g fat, 0–4 g carbs

Average protein serving is 85–113 g (size of palm of hand).

### Plant Protein:

- Mung bean/Edamame pasta–30 g
- Natto–30 g
- Nutritional yeast–2 T
- Spirulina–2 T
- Tempeh–30 g
- Tofu (firm/extra firm)–40–60 g
- Tofu (soft/silken)–85 g

### Protein Powder:

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

## LEGUMES

*Proteins/Carbs*

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

**Organic, non-GMO preferred**

- Bean soups–185 ml
- Black soybeans (cooked)–86 g
- Dried beans, lentils, peas (cooked)–40 g
- Edamame (cooked)–77 g
- Flour, legume–25 g
- Green peas (cooked)–80 g
- Hummus or other bean dips–82 g

- Refried beans, vegetarian–120 g
  - 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)–175–225 g
- Milk: Cow, goat–225 g
- Yogurt, Greek (plain)–175 g

### Dairy Alternatives:

- Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, rice, soy–225 g
- Yogurt: Coconut, soy (cultured)–115–175 g
- Kefir: Coconut, soy–115–175 g

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 butter–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)–30 g
- 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, 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 \_\_\_\_\_

- |  |   |
|--|---|
| <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<br>–185 ml                                      |
| <input type="checkbox"/> Fermented vegetables: Kimchi, pickles, sauerkraut, etc.       | <input type="checkbox"/> Turnips  |
| <input type="checkbox"/> Garlic  | <input type="checkbox"/> Vegetable juice<br>–185 ml                                   |
| <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 = about 50 g = 25 calories, 5 g carbs

**Organic, non-GMO fruits, vegetables, herbs and spices preferred****VEGETABLES** Starchy

Carbs

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

- |  |   |
|--|---|
| <input type="checkbox"/> Acorn squash<br>(cubed)–140 g               | <input type="checkbox"/> Potatoes<br>(mashed)–100 g                     |
| <input type="checkbox"/> Butternut squash<br>(cubed)–140 g           | <input type="checkbox"/> Root vegetables:<br>Parsnip, rutabaga<br>–75 g |
| <input type="checkbox"/> Plantain– 50 g or<br>½ whole                | <input type="checkbox"/> Yam–½ med                                      |
| <input type="checkbox"/> Potato: Purple, red,<br>sweet, yellow–½ med |   |
- 1 serving = 80 calories, 15 g carbs

**FRUITS**

Carbs

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

**Unsweetened, no sugar added**

- |  |  |
|--|--|
| <input type="checkbox"/> Apple–1 sm                  | <input type="checkbox"/> Melon, all–175 g          |
| <input type="checkbox"/> Applesauce–127 g            | <input type="checkbox"/> Nectarine–1 sm            |
| <input type="checkbox"/> Apricots–4                  | <input type="checkbox"/> Orange–1 sm               |
| <input type="checkbox"/> Banana–½ med                | <input type="checkbox"/> Papaya–140 g              |
| <input type="checkbox"/> Blackberries–110 g          | <input type="checkbox"/> Peach–1 sm                |
| <input type="checkbox"/> Blueberries–110 g           | <input type="checkbox"/> Pear–1 sm                 |
| <input type="checkbox"/> Cherries–12                 | <input type="checkbox"/> Persimmon–½               |
| <input type="checkbox"/> Cranberries–82 g            | <input type="checkbox"/> Pineapple–120 g           |
| <input type="checkbox"/> Dates or figs–3             | <input type="checkbox"/> Plums–2 sm                |
| <input type="checkbox"/> Dried fruit–2 T             | <input type="checkbox"/> Pomegranate<br>seeds–85 g |
| <input type="checkbox"/> Grapefruit–½ med            | <input type="checkbox"/> Prunes–3 med              |
| <input type="checkbox"/> Grapes–15                   | <input type="checkbox"/> Raisins–2 T               |
| <input type="checkbox"/> Goji berries<br>(dried)–2 T | <input type="checkbox"/> Raspberries–120 g         |
| <input type="checkbox"/> Kiwi–1 med                  | <input type="checkbox"/> Strawberries–190 g        |
| <input type="checkbox"/> Mango–½ sm                  | <input type="checkbox"/> Tangerines–2 sm           |

1 serving = 60 calories, 15 g carbs

**WHOLE GRAINS** (100%)

Carbs

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

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

- Amaranth–82 g
- Buckwheat/kasha  
–84 g
- Grits: Corn, soy  
–120 g
- Millet–87 g
- Oats: Rolled, steel-  
cut–115 g
- Quinoa–90 g
- Rice: Basmati, black,  
brown, purple, red,  
wild–65 g
- Sorghum–20 g
- Teff–189 g

**All grain servings are for cooked amounts.**

1 serving = 75–110 calories, 15 g carbs

**Gluten Containing:**

- Barley–52 g
- Bulgur–90 g
- Cereal, whole  
wheat–120 g
- Couscous–52 g
- Crackers, rye–4-7
- Kamut–86 g
- Spelt–64 g

**Individual portions:**

- Bread–1 slice
- Granola  
(homemade)–3 T
- Muesli–42 g
- Pasta–46 g
- Pita–½
- Tortilla–1, 15 cm

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

- |   |   |
|---|---|
| <input type="checkbox"/> Filtered water                     | <input type="checkbox"/> Herbs and Spices, all  |
| <input type="checkbox"/> Sparkling/mineral<br>water         | <input type="checkbox"/> Condiments:<br>Lemon/lime juice,<br>miso, mustard,<br>tamari, vinegars,<br>etc.–use sparingly,<br>suggest 1 T or less per<br>serving |
| <input type="checkbox"/> Fresh juiced fruits/<br>vegetables |   |
| <input type="checkbox"/> Coconut water                      |   |
| <input type="checkbox"/> Coffee                             |   |
| <input type="checkbox"/> Tea: Black, green,<br>herbal, etc. |   |

