



Core Food Plan – Vegetarian – Metric

V

PROTEINS

Proteins

Servings/day _____

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

Plant Protein:

- Mung bean/Edamame pasta–15 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
Hemp, pea, rice, soy

Animal Protein:

- VL Lacto-vegetarian:**
 - 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
 - Whey protein powder–7 g
- VO Ovo-vegetarian:**
 - Egg–1; or 2 egg whites
 - Egg protein powder–7 g
- P Pescatarian:**
 - Fish/Shellfish–28 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).

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
- 1 serving = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs
- Veggie burger (non-GMO)–1 patty

DAIRY & ALTERNATIVES

Proteins/Carbs

Servings/day _____

Unsweetened, organic preferred

Dairy:

- VL Lacto-vegetarian:**
 - Milk: Cow, goat–225 g
 - Yogurt, Greek (plain)–175 g
 - Kefir (plain)–175-225 g

Dairy Alternatives:

- Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, rice, soy–225 g
- Yogurt: Coconut or soy (cultured)–115-175 g
- Kefir: Coconut or 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
- Coconut milk, regular (canned)–1½ T
- Coconut milk, light (canned)–3 T
- Oils, cooking: Avocado, 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
- Salad dressing made with quality oils–1 T
- VL Lacto-vegetarian:**
 - Butter–1 t, 2 t whipped
 - Chocolate, dark (70% or higher cocoa)–30 g
 - Ghee/clarified butter–1 t
 - Half and half–2 T
 - Oils, cooking: Butter–1 t
 - Pesto–1 T
- VO Ovo-vegetarian:**
 - Mayonnaise (unsweetened)–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
–185 ml |
| <input type="checkbox"/> Fermented vegetables: Kimchi, pickles, sauerkraut, etc. | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Vegetable juice
–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
(cubed)–140 g | <input type="checkbox"/> Potatoes
(mashed)–100 g |
| <input type="checkbox"/> Butternut squash
(cubed)–140 g | <input type="checkbox"/> Root vegetables:
Parsnip, rutabaga
–75 g |
| <input type="checkbox"/> Plantain–50 g or
½ whole | <input type="checkbox"/> Yam–½ med |
| <input type="checkbox"/> Potato: Purple, red,
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 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
(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 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. | |

