

## Fats & Oils

4 Servings / day

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

- 2 T.....**Avocado**  
 1 t.....Butter (2 t. whipped)  
 1 sq...Chocolate, dark (70% or higher cocoa; 1 square = 7 grams)  
 1 ½ T..Coconut milk, regular (canned)  
 1 t.....Oils, cooking: Butter, coconut (virgin), grapeseed, **olive (extra virgin)**  
 1 t.....Oils, salad: Almond, canola, flaxseed, grapeseed, **olive (extra virgin)**, rice bran, high oleic safflower or sunflower, sesame, walnut
- 3 T.....Coconut milk, light (canned)  
 1 t.....Ghee/clarified butter  
 1 t.....Mayonnaise (unsweetened)  
 8.....**Olives, black or green**
- 1 Serving = 45 calories, 5 g fat

## Nuts & Seeds

3-4 Servings / day

- 6.....**Almonds**  
 2.....**Brazil nuts**  
 6.....**Cashews**  
 1 T.....**Chia seeds**  
 3 T.....Coconut, dried flakes (unsweetened)  
 2 T.....**Flaxseed, ground**  
 5.....**Hazelnuts**  
 1 T.....**Hemp seeds**  
 6.....**Mixed nuts**  
 ½ T....**Nut and seed butters**
- 10.....Peanuts  
 4.....**Pecan halves**  
 1 T....Pine nuts  
 16.....**Pistachios**  
 1 T....Pumpkin seeds  
 2 T....**Soy nuts**  
 1 T....Sesame seeds  
 1 T....Sunflower seed kernels  
 4.....**Walnut halves**
- 1 serving = 45 calories, 4 g fat

## Protein

10-12 Servings / day

**Lean, grass-fed, organic, non-GMO preferred**

### Plant Protein:

- 1 oz...Burger alternatives: mushroom, soy, veggie  
 3 T.....**Miso**  
 ½ c....**Tofu, tempeh**
- 1 oz...Meat: beef, buffalo, elk, lamb, venison, other wild game  
 2 T....Parmesan cheese  
 1 oz...Poultry (skinless): chicken, Cornish hen, turkey

### Animal Proteins:

- 1 oz...Cheese, low-fat  
 ¼ c....Cottage cheese, low-fat  
 1.....Egg or 2 egg whites  
 ⅔ c....Egg substitute  
 1 oz...Feta cheese, low-fat  
 1 oz...**Fish/Shellfish:** halibut, herring, mackerel, salmon (wild), sardines, tuna, etc
- Protein Powder:**  
 Check label for # grams/scoop (1 protein serving = 7 g)  
 Egg, hemp, pea, rice, **soy**, whey
- 1 oz serving = 35-75 kcal, 7 g pro

## Non-starchy Vegetables

8-10 Servings / day

- |                            |   |   |
|----------------------------|---|---|
| Artichoke                  | <b>Endive</b>   | Pumpkin   |
| <b>Arugula</b>             | Escarole  | Radicchio   |
| Asparagus                  | Eggplant  | Radishes  |
| Bamboo shoots              | <b>Fennel</b>   | Salsa   |
| Bok choy (Chinese cabbage) | <b>Garlic</b>   | <b>Scallions</b>  |
| Broccoflower               | Green beans   | Sea vegetables  |
| Broccoli                   | <b>Greens (beet, collard, dandelion, kale, mustard, turnip)</b> | <b>Shallots</b>   |
| Brussels sprouts           | Horseradish   | Snap peas/snow peas                                     |
| Cabbage                    | Jicama  | <b>Spinach</b>  |
| Carrots                    | <b>Kohlrabi</b>   | Sprouts, all  |
| Cauliflower                | <b>Leeks</b>  | Squash (delicata, pumpkin, spaghetti, yellow, zucchini) |
| <b>Celeriac</b>            | <b>Lettuce, all</b>   | <b>Tomato</b>   |
| <b>Celery</b>              | <b>Micro greens</b>   | Tomato juice  |
| <b>Chard/Swiss chard</b>   | Mushrooms   | Turnips   |
| <b>Chervil</b>             | Okra  | Vegetable juice   |
| <b>Chinese cabbage</b>     | <b>Onions</b>   | Vegetables, fermented                                   |
| Chives                     | <b>Parsley</b>  | Water chestnuts   |
| Cilantro                   | Peppers, all  | <b>Watercress</b>                                       |
| Cucumbers                  |   |   |
| Daikon radishes            |   |   |
- 1 Serving = ½ c cooked, 1 c raw, 25 calories, 5 g carb

## Cardiometabolic Food Plan 1800-2200 Calories

**Include Therapeutic Foods Daily**

\*Nutritional amounts are based on average values for the variety of foods within each food category

## Legumes

2-3 Servings / day

- ¾ c....Bean soups  
 ½ c....**Black soy beans** (cooked)  
 ½ c....Dried beans, lentils, peas (cooked)  
 ½ c....**Edamame** (cooked)  
 ⅓ c....Hummus or other bean dips  
 ½ c....Green peas (cooked)
- 1 Serving = 110 calories, 15 g carbs, 7 g pro

## Dairy/Alternatives

2-3 Servings / day

- |   |  |
|---|--|
| 8 oz...Buttermilk                         | 8 oz...Milk alternatives: coconut, nut, <b>soy</b> (unsweetened) |
| 8 oz... <b>Kefir, plain</b> (unsweetened) | 6 oz... <b>Yogurt, plain</b> (unsweetened)                       |
| 8 oz...Milk: cow, goat, sheep             | 4 oz.... <b>Yogurt, Greek; plain</b> (unsweetened)               |
| 4 oz...Milk: hemp, oat (unsweetened)      |  |
- 1 Serving = 50-100 calories, 12 g carbs, 7 g pro

Low Glycemic Impact Recommendations

Choose unsweetened dairy only. Limit to 1-2 servings per day max

## Starchy Vegetables

1 Servings / day

- |                                 |   |
|---------------------------------|---|
| 1 c.....Acorn squash, cubed     | ½ md..Potato (purple, red, sweet, yellow) |
| 1 c..... <b>Beets, cubed</b>    | ½ c....Potatoes, mashed                   |
| 1 c.....Butternut squash, cubed | ½ c....Root vegetables: parsnip, rutabaga |
| 1 c.....Celery root, cubed      | ½ md..Yam                                 |
| ⅓ c....Plantain (½ whole)       |   |
- 1 Serving = 80 calories, 15 g carbs

Low Glycemic Impact Recommendations

Short term: Consider removal Long term: Limit to 1 serving per day max

## Fruits (No sugar added)

2 Servings / day

- |                                 |                   |                           |
|---------------------------------|-------------------|---------------------------|
| 1 sm..Apple                     | 1.....Kiwi        | ¾ c....Pineapple          |
| ½ c....Applesauce (unsweetened) | ½ sm..Mango       | 2 sm..Plums               |
| 4.....Apricots, fresh           | 1 c....Melon, all | 1 sm.. <b>Pomegranate</b> |
| ½.....Banana, med               | 1 sm..Nectarine   | 1 c....Raspberries        |
| ¾ c....Blackberries             | 1 sm..Orange      | 1 ¼ c..Strawberries       |
| ¾ c.... <b>Blueberries</b>      | 1 c....Papaya     | 2 sm..Tangerines          |
| 12.....Cherries                 | 1 sm..Peach       |                           |
| ½.....Grapefruit                | 1 sm..Pear        |                           |
| 15.....Grapes                   | ½.....Persimmon   |                           |
- 1 Serving = 60 calories, 15 g carbs

Low Glycemic Impact Recommendations

Limit to 2 servings per day max. Avoid dried fruit and fruit juices

## Whole Grains

2 Servings / day

- |  |                                    |  |
|--|------------------------------------|--|
| Amaranth*  | <b>100% whole grain</b><br>Millet* | Sorghum*   |
| Bulgur (cracked wheat)   | <b>Oats</b>                        | Spelt  |
| Buckwheat / kasha*   | Quinoa*                            | Teff*  |
| Kamut  | Rice* (all types)                  | Whole wheat  |
|  | Semolina                           | Serving = ⅓-½ c  |
| ½ c....Bulgur, cooked  |                                    | ½ c....Kasha, cooked*                                  |
| ⅓ c.... <b>Barley, cooked</b>                                      |                                    | ½ c....Muesli (no added sugar)                         |
| 1 sl...Breads  |                                    | ⅓ c....Pasta   |
| ½ c....Cereal, cooked ( <b>rolled oats, steel cut oats,</b> wheat) |                                    | ½.....Pita   |
|  |                                    | ½ c....Quinoa, cooked*                                 |
| 4-7....Crackers, rye   |                                    | ⅓ c....Rice*: basmati, black, brown, purple, red, wild |
| ⅓ c....Couscous, whole wheat                                       |                                    | 1.....Tortilla, 6 inch                                 |
| ½.....English muffin   |                                    | ¼ c....Wheat germ                                      |
- \* = Gluten free
- 1 Serving = 75-110 calories, 15 g carbs

Low Glycemic Impact Recommendations

Short term: Consider removal Long term: Limit to 1-2 serving per day