



# Core Food Plan

## PROTEINS

*Proteins*

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

**Lean, free-range, grass-fed, organically grown meats; non-GMO plant proteins; and wild-caught fish preferred**

### Animal Proteins:

- Cheese, hard— $\frac{1}{2}$  oz
- Cheese, low-fat—1 oz
- Cottage cheese, low-fat— $\frac{1}{4}$  c
- Feta cheese, low-fat—1 oz
- Parmesan cheese—2 T
- Ricotta cheese, low-fat— $\frac{1}{4}$  c
- Egg—1; or 2 egg whites
- Egg substitute— $\frac{2}{3}$  c
- Fish/Shellfish: Halibut, herring, mackerel, salmon, sardines, tuna—1 oz

- Meat: Beef, buffalo, elk, lamb, venison, other wild game—1 oz
- Poultry (skinless): Chicken, Cornish hen, turkey—1 oz

### Plant Protein:

- Burger alternatives: Bean, mushroom, soy, veggie—1 oz
- Miso—3 T
- Tofu, tempeh— $\frac{1}{2}$  c

### Protein Powder:

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

1 oz serving = 35–75 calories, 7 g protein

## LEGUMES

*Proteins/Carbs*

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

- Bean soups— $\frac{3}{4}$  c
- Black soybeans (cooked)— $\frac{1}{2}$  c
- Dried beans, lentils, peas (cooked)— $\frac{1}{2}$  c
- Edamame (cooked)— $\frac{1}{2}$  c
- Flour, legume— $\frac{1}{4}$  c
- Green peas (cooked)— $\frac{1}{2}$  c

- Hummus or other bean dips— $\frac{1}{3}$  c
- Refried beans, vegetarian— $\frac{1}{2}$  c

1 serving = 110 calories, 15 g carbs, 7 g protein

## DAIRY & ALTERNATIVES

*Proteins/Carbs*

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

### Unsweetened

- Buttermilk, nonfat or 1%—8 oz
- Kefir, nonfat or 1%, plain—8 oz
- Milk: Cow, goat, nonfat or 1%—8 oz
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, rice, soy—8 oz
- Yogurt, plain, greek, nonfat or 1%, or coconut (cultured coconut milk)—6 oz

1 serving = 50–100 calories, 12 g carbs, 7 g protein

## NUTS & SEEDS

*Proteins/Fats*

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

- Almonds—6
- Brazil nuts—2
- Cashews—6
- Chia seeds—1 T
- Coconut, dried flakes (unsweetened)—3 T
- Flaxseed, ground—2 T
- Hazelnuts—5
- Hemp seed—1 T
- Mixed nuts—6
- Nut and seed butter— $\frac{1}{2}$  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 seed kernels—1 T
- Walnut halves—4

1 serving = 45 calories, 4 g fat

## FATS & OILS

*Fats*

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

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

- Avocado—2 T
- Butter—1 t, 2 t whipped
- Chocolate, dark (70% or higher cocoa)—1 sq, 1 square = 7 g
- Coconut milk, regular (canned)—1  $\frac{1}{2}$  T
- Coconut milk, light (canned)—3 T
- Ghee/clarified butter—1 t
- Oils, cooking: 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, high-oleic safflower and sunflower, sesame, walnut—1 t
- Half and half—2 T
- Mayonnaise (unsweetened)—1 t
- Olives, black or green—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.



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**VEGETABLES** Non-starchy**Carbs**Servings/day \_\_\_\_\_        

- |   |  |
|---|--|
| <input type="checkbox"/> Artichoke  | <input type="checkbox"/> Kohlrabi  |
| <input type="checkbox"/> Arugula  | <input type="checkbox"/> Leeks   |
| <input type="checkbox"/> Asparagus  | <input type="checkbox"/> Lettuce, all  |
| <input type="checkbox"/> Bamboo shoots  | <input type="checkbox"/> Microgreens   |
| <input type="checkbox"/> Bok choy   | <input type="checkbox"/> Mushrooms   |
| <input type="checkbox"/> Broccoflower   | <input type="checkbox"/> Okra  |
| <input type="checkbox"/> Broccoli   | <input type="checkbox"/> Onions  |
| <input type="checkbox"/> Brussels sprouts   | <input type="checkbox"/> Parsley   |
| <input type="checkbox"/> Cabbage  | <input type="checkbox"/> Peppers, all  |
| <input type="checkbox"/> Carrots  | <input type="checkbox"/> Radicchio   |
| <input type="checkbox"/> Cauliflower  | <input type="checkbox"/> Radishes  |
| <input type="checkbox"/> Celeriac root  | <input type="checkbox"/> Salsa   |
| <input type="checkbox"/> Celery   | <input type="checkbox"/> Scallions   |
| <input type="checkbox"/> Chard/Swiss chard  | <input type="checkbox"/> Sea vegetables  |
| <input type="checkbox"/> Chervil  | <input type="checkbox"/> Shallots  |
| <input type="checkbox"/> Chives   | <input type="checkbox"/> Snap peas/snow peas                                     |
| <input type="checkbox"/> Cilantro   | <input type="checkbox"/> Spinach   |
| <input type="checkbox"/> Cucumbers  | <input type="checkbox"/> Sprouts, all  |
| <input type="checkbox"/> Daikon radishes  | <input type="checkbox"/> Squash (delicata, pumpkin, spaghetti, yellow, zucchini) |
| <input type="checkbox"/> Eggplant   | <input type="checkbox"/> Tomato  |
| <input type="checkbox"/> Endive   | <input type="checkbox"/> Tomato juice— $\frac{3}{4}$ c                           |
| <input type="checkbox"/> Escarole   | <input type="checkbox"/> Turnips   |
| <input type="checkbox"/> Fennel   | <input type="checkbox"/> Vegetable juice— $\frac{3}{4}$ c                        |
| <input type="checkbox"/> Garlic   | <input type="checkbox"/> Vegetables, fermented                                   |
| <input type="checkbox"/> Green beans  | <input type="checkbox"/> Water chestnuts   |
| <input type="checkbox"/> Greens (beet, collard, dandelion, kale, mustard, turnip) | <input type="checkbox"/> Watercress  |
| <input type="checkbox"/> Horseradish  |  |
| <input type="checkbox"/> Jicama   |  |

1 serving =  $\frac{1}{2}$  c cooked, 1 c raw, 25 calories, 5 g carbs**VEGETABLES** Starchy**Carbs**Servings/day \_\_\_\_\_        

- |   |  |
|---|--|
| <input type="checkbox"/> Acorn squash, cubed—1 c                        | <input type="checkbox"/> Potato: purple, red, sweet, yellow— $\frac{1}{2}$ med |
| <input type="checkbox"/> Beets, cubed—1 c                               | <input type="checkbox"/> Potatoes, mashed— $\frac{1}{2}$ c                     |
| <input type="checkbox"/> Butternut squash, cubed—1 c                    | <input type="checkbox"/> Root vegetables: parsnip, rutabaga— $\frac{1}{2}$ c   |
| <input type="checkbox"/> Plantain— $\frac{1}{2}$ whole, $\frac{1}{3}$ c | <input type="checkbox"/> Yam— $\frac{1}{2}$ 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—1 c                     |
| <input type="checkbox"/> Applesauce— $\frac{1}{2}$ c      | <input type="checkbox"/> Nectarine—1 sm                     |
| <input type="checkbox"/> Apricots, fresh—4                | <input type="checkbox"/> Orange—1 sm                        |
| <input type="checkbox"/> Banana, med— $\frac{1}{2}$       | <input type="checkbox"/> Papaya—1 c                         |
| <input type="checkbox"/> Blackberries— $\frac{3}{4}$ c    | <input type="checkbox"/> Peach—1 sm                         |
| <input type="checkbox"/> Blueberries— $\frac{3}{4}$ c     | <input type="checkbox"/> Pear—1 sm                          |
| <input type="checkbox"/> Cherries—12                      | <input type="checkbox"/> Persimmon— $\frac{1}{2}$           |
| <input type="checkbox"/> Dates or figs—3                  | <input type="checkbox"/> Pineapple— $\frac{3}{4}$ c         |
| <input type="checkbox"/> Dried fruit (no sugar added)—2 T | <input type="checkbox"/> Plums—2 sm                         |
| <input type="checkbox"/> Grapefruit— $\frac{1}{2}$        | <input type="checkbox"/> Pomegranate seeds— $\frac{1}{2}$ c |
| <input type="checkbox"/> Grapes—15                        | <input type="checkbox"/> Prunes—3 med                       |
| <input type="checkbox"/> Goji berries (dried)—2 T         | <input type="checkbox"/> Raisins—2 T                        |
| <input type="checkbox"/> Kiwi—1                           | <input type="checkbox"/> Raspberries—1 c                    |
| <input type="checkbox"/> Mango— $\frac{1}{2}$ sm          | <input type="checkbox"/> Strawberries— $1\frac{1}{4}$ c     |
|   | <input type="checkbox"/> Tangerines—2 sm                    |

1 serving = 60 calories, 15 g carbs

**WHOLE GRAINS** (100%)**Carbs**Servings/day \_\_\_\_\_        

- |   |  |
|---|--|
| <input type="checkbox"/> Amaranth* (cooked)— $\frac{3}{4}$ c                          | <input type="checkbox"/> Pasta (cooked)— $\frac{1}{3}$ c   |
| <input type="checkbox"/> Barley (cooked)— $\frac{1}{3}$ c                             | <input type="checkbox"/> Pita— $\frac{1}{2}$   |
| <input type="checkbox"/> Bread—1 slice  | <input type="checkbox"/> Quinoa* (cooked)— $\frac{1}{2}$ c   |
| <input type="checkbox"/> Bulgur (cooked)— $\frac{1}{2}$ c                             | <input type="checkbox"/> Rice* (cooked; basmati, black, brown, purple, red, wild)— $\frac{1}{3}$ c |
| <input type="checkbox"/> Buckwheat/Kasha* (cooked)— $\frac{1}{2}$ c                   | <input type="checkbox"/> Semolina (cooked)— $\frac{1}{8}$ c  |
| <input type="checkbox"/> Couscous— $\frac{1}{3}$ c                                    | <input type="checkbox"/> Sorghum* (cooked)— $\frac{1}{8}$ c  |
| <input type="checkbox"/> Crackers, rye—4-7  | <input type="checkbox"/> Spelt (cooked)— $\frac{1}{3}$ c   |
| <input type="checkbox"/> English muffin— $\frac{1}{2}$                                | <input type="checkbox"/> Teff* (cooked)— $\frac{3}{4}$ c   |
| <input type="checkbox"/> Kamut (cooked)— $\frac{1}{2}$ c                              | <input type="checkbox"/> Tortilla (wheat, teff*)—1, 6 in   |
| <input type="checkbox"/> Granola (homemade)—3 T                                       | <input type="checkbox"/> Whole wheat cereal (cooked)— $\frac{1}{2}$ c                              |
| <input type="checkbox"/> Grits, corn* or soy* (cooked)— $\frac{1}{2}$ c               |  |
| <input type="checkbox"/> Millet* (cooked)— $\frac{1}{2}$ c                            |  |
| <input type="checkbox"/> Muesli— $\frac{1}{2}$ c                                      |  |
| <input type="checkbox"/> Oats* (cooked; rolled oats, steel-cut oats)— $\frac{1}{2}$ c |  |

1 serving = 75-110 calories, 15 g carbs \*Gluten free

**BEVERAGES**

- |   |   |
|---|---|
| <input type="checkbox"/> Filtered water                 | <input type="checkbox"/> Black tea                  |
| <input type="checkbox"/> Sparkling/mineral water        | <input type="checkbox"/> Pomegranate juice          |
| <input type="checkbox"/> Green tea                      | <input type="checkbox"/> Unsweetened nut/seed milks |
| <input type="checkbox"/> Fresh juiced fruits/vegetables | <input type="checkbox"/> Unsweetened coconut water  |



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