



Cardiometabolic Food Plan (1800–2200 Calories)

PROTEINS

Proteins

Servings/day: 10–12

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

Animal Proteins:

- Cheese (low-fat)–1 oz
- Cheese (hard)–½ 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:**
Halibut, herring, mackerel, salmon, sardines, tuna, etc.–1 oz
- Meat: Beef, buffalo, elk, lamb, venison, other wild game–1 oz

1 serving as listed = 35–75 calories, 5–7 g protein, 3–5 g fat, 0–4 g carbs
Average protein serving is 3–4 oz (size of palm of hand).

LEGUMES

Proteins/Carbs

Servings/day: 2–3

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
- 1 serving = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs

DAIRY & ALTERNATIVES *Proteins/Carbs*

Servings/day: 2–3

Unsweetened, organic preferred

Dairy:

- Milk: Cow, goat–8 oz
- Kefir** (plain)–6–8 oz
- Yogurt, Greek** (plain)–6 oz

Dairy Alternatives:

- Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, **soy**–8 oz
- Yogurt:** Coconut or **soy** (cultured)–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)

Low Glycemic Impact Recommendations
Limit to 1–2 servings per day

NUTS & SEEDS

Proteins/Fats

Servings/day: 3–4

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 seeds**–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, 4 g fat

FATS & OILS

Fats

Servings/day: 4

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
- Mayonnaise (unsweetened)–1 t
- Olives: Black, green, kalamata**–8
- 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, rice bran, safflower (high-oleic), sesame, sunflower (high-oleic) walnut,–1 t

1 serving = 45 calories, 5 g fat

Items in blue indicate preferred therapeutic foods

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: 8-10

- | | |
|---|---|
| <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"/> Chinese cabbage | <input type="checkbox"/> Sea vegetables |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Snap peas/snow peas |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Daikon radishes | <input type="checkbox"/> Sprouts, all |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc. |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Escarole | <input type="checkbox"/> Tomato juice— $\frac{3}{4}$ c |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Fermented vegetables: Kimchi, pickles, sauerkraut, etc. | <input type="checkbox"/> Vegetable juice— $\frac{3}{4}$ c |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Greens: Beet, collard, dandelion, kale, mustard, turnip, etc. | |

1 serving = $\frac{1}{2}$ c, 1 c raw greens = 25 calories, 5 g carbs**VEGETABLES** Starchy**Carbs**

Servings/day: 1

- | | |
|--|--|
| <input type="checkbox"/> Acorn squash | <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— $\frac{1}{3}$ c or $\frac{1}{2}$ whole | <input type="checkbox"/> Yam— $\frac{1}{2}$ med |
| <input type="checkbox"/> Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ med | |
- 1 serving = 80 calories, 15 g carbs
Low Glycemic Impact Recommendations
 Short term: Consider removal
 Long term: Limit to 1 serving per day

FRUITS**Carbs**

Servings/day: 2

Unsweetened, no sugar added

- | | |
|---|---|
| <input type="checkbox"/> Apple—1 sm | <input type="checkbox"/> Orange—1 sm |
| <input type="checkbox"/> Applesauce— $\frac{1}{2}$ c | <input type="checkbox"/> Papaya—1 c |
| <input type="checkbox"/> Apricots—4 | <input type="checkbox"/> Peach—1 |
| <input type="checkbox"/> Banana— $\frac{1}{2}$ med | <input type="checkbox"/> Pear—1 sm |
| <input type="checkbox"/> Blackberries— $\frac{3}{4}$ c | <input type="checkbox"/> Persimmon— $\frac{1}{2}$ |
| <input type="checkbox"/> Blueberries — $\frac{3}{4}$ c | <input type="checkbox"/> Pineapple— $\frac{3}{4}$ c |
| <input type="checkbox"/> Cherries—12 | <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"/> Raspberries—1 c |
| <input type="checkbox"/> Kiwi—1 med | <input type="checkbox"/> Strawberries—1 $\frac{1}{4}$ c |
| <input type="checkbox"/> Mango— $\frac{1}{2}$ sm | <input type="checkbox"/> Tangerines—2 sm |
| <input type="checkbox"/> Melon, all—1 c | |
| <input type="checkbox"/> Nectarine—1 sm | |

1 serving = 60 calories, 15 g carbs

Low Glycemic Impact RecommendationsLimit to 2 servings per day
Avoid dried fruit and fruit juices**WHOLE GRAINS** (100%)**Carbs**

Servings/day: 2

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

- Amaranth— $\frac{1}{3}$ c
- Buckwheat/kasha— $\frac{1}{2}$ c
- Millet— $\frac{1}{2}$ c
- Oats** (rolled, steel-cut)— $\frac{1}{2}$ c
- Quinoa— $\frac{1}{2}$ c
- Rice: Basmati, black, brown, purple, red, wild— $\frac{1}{3}$ c
- Sorghum— $\frac{1}{8}$ c
- Teff— $\frac{3}{4}$ c

All grain servings are for cooked amounts

Gluten Containing:

- Barley**— $\frac{1}{3}$ c
- Bulgur— $\frac{1}{2}$ c
- Cereal, whole wheat— $\frac{1}{2}$ c
- Couscous— $\frac{1}{3}$ c
- Crackers, rye—4-7
- Kamut— $\frac{1}{2}$ c
- Semolina— $\frac{1}{8}$ c
- Spelt— $\frac{1}{3}$ c

Individual portions:

- Bread—1 sl
- Muesli— $\frac{1}{2}$ c
- Pasta— $\frac{1}{3}$ c
- Pita— $\frac{1}{2}$
- Tortilla—1, 6 in

1 serving = 75-110 calories, 15 g carbs

Low Glycemic Impact Recommendations

Short term: Consider removal

Long term: Limit to 1-2 servings per day

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

- | | |
|---|---|
| <input type="checkbox"/> Beetroot juice | <input type="checkbox"/> Herbs and Spices: Cayenne, cinnamon, garlic, oregano, etc. |
| <input type="checkbox"/> Filtered 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"/> Sparkling/mineral water | |
| <input type="checkbox"/> Green tea | |
| <input type="checkbox"/> Low-sodium vegetable juice | |

Items in blue indicate preferred therapeutic foods

Organic, non-GMO fruits, vegetables, herbs and spices preferred

