

Core Food Plan (1800-2200 Calories)

Imperial
System

Food Plan Usage:

Implementation of this food plan is subject to the discretion of your healthcare practitioner. Consult them for guidance.

Nutrition information per food category is based on average values for the variety of foods within each category. If the practitioner adds other foods to the plan, they are responsible for ensuring the serving sizes align with the calories and macronutrients for the category.

Abbreviations: **macros** = macronutrients
oz = ounce
lb = pound

sm = small
med = medium
lrg = large

tsp = teaspoon
T = tablespoon
c = cup

gal = gallon
pkg = package

Proteins

Main macros: protein

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

Servings/day: 7-8

1 serving as listed = 45-75 calories; macros = 5-7 grams (g) protein, 2-5 g fat, 0-5 g carbohydrates (carbs)

Average cooked meat serving is 3-4 oz (size of deck of cards).

Animal Proteins:

Cheese (hard)–½ oz
Cheese (hard, low-fat)–1 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 whole egg or 2 egg whites
Fish/shellfish–1 oz
Meat: beef, buffalo, elk, lamb, venison, other wild game–1 oz
Poultry (skinless): chicken, Cornish hen, duck, pheasant, turkey, etc.–1 oz

Plant Proteins:

Mung bean/edamame pasta–½ oz
Natto–1 oz
Nutritional yeast–2 T
Spirulina–2 T
Tempeh–1 oz
Tofu–3 oz

Protein Powder:

Check label for # grams per scoop: 1 protein serving = 7 g; egg, hemp, pea, rice, soy, or whey powder

Legumes

Main macros: protein, carbs

Organic, non-GMO preferred

Servings/day: 2-3

1 serving = 85-125 calories; macros = 8-10 g protein, 3 g fat, 7-15 g carbs

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

Legume pasta (chickpea, lentil)—1 oz
Refried beans, vegetarian— $\frac{1}{2}$ c
Soy nuts— $\frac{1}{4}$ c
Veggie burger (non-GMO)—1 patty

Dairy & Alternatives

Main macros: protein, carbs

Unsweetened, organic preferred

Servings/day: 3

1 dairy serving = 90-160 calories; macros = 8 g protein, 0-8 g fat, 12 g carbs

1 dairy alternative serving = 35-115 calories; macros = 1-9 g protein, 0-5 g fat, 1-15 g carbs (nutrition values vary; check package)

Dairy:

Kefir (plain)—6-8 oz
Milk: camel—8 oz
Milk: cow, goat, etc.—8 oz
Yogurt, Greek (plain)—6 oz

Dairy Alternatives:

Kefir: coconut milk (plain)—4 oz
Kefir: soy (plain)—6-8 oz
Milk: almond, coconut*, flaxseed, hazelnut, hemp, oat, rice, soy—8 oz
Yogurt: coconut or soy (cultured)—4-6 oz

*Includes coconut milk with less than 5 g fat per 1 c (8 oz). See "Fats & Oils" section for higher-fat coconut milk.

Nuts & Seeds

Main macros: fat

Unsweetened, unsalted, organic preferred

Servings/day: 3-5

1 serving = 45 calories; macros = 1-3 g protein, 5 g fat, 1-3 g carbs

Almonds—6
Brazil nuts—2
Cashews—6
Chia seeds—1 T
Coconut, dried—2 T
Flaxseed (ground)— $1\frac{1}{2}$ T
Hazelnuts (filberts)—5
Hempseeds—1 T
Macadamias—3
Nut and seed butters— $\frac{1}{2}$ T

Peanuts—10
Pecan halves—4
Pine nuts—1 T
Pistachios—16
Pumpkin seeds—1 T
Sesame seeds—1 T
Sunflower seeds—1 T
Walnut halves—4

Fats & Oils

Main macros: fat

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

Servings/day: 4-5

1 serving = 45 calories; macros = 0-2 g protein, 5 g fat, 0-2 g carbs

Avocado—2 T
Butter—1 tsp, 2 tsp whipped
Coconut, fresh—3 T
Coconut milk, light (canned)— $\frac{1}{3}$ c
Coconut milk, regular (canned)— $1\frac{1}{2}$ T
Ghee/clarified butter—1 tsp
Half and half—2 T
Mayonnaise (unsweetened)—1 tsp

Oils, cooking: avocado, butter, canola, coconut (virgin), grapeseed, olive (extra-virgin), rice bran, safflower (high-oleic), sunflower (high-oleic), sesame—1 tsp
Oils, salad: almond, avocado, flaxseed, grapeseed, hempseed, olive (extra-virgin), pumpkin seed, sesame, walnut—1 tsp
Olives: black, green, kalamata—8

Salad dressing (unsweetened)—1 T
Sour cream, regular— $1\frac{1}{2}$ T

Vegetables Non-Starchy

Main macros: carbs

Organic, non-GMO preferred

Servings/day: 10

1 serving ($\frac{1}{2}$ c cooked or 1 c raw vegetables or 3 c raw leafy greens) = 25 calories; macros = 2 g protein, 0 g fat, 5 g carbs

Artichoke
Asparagus
Bamboo shoots
Beets
Bok choy
Broccoflower
Broccoli
Broccolini
Brussels sprouts
Cabbage: green, purple,
Chinese/Napa, savoy
Carrots
Cauliflower
Celeriac root
Celery
Chayote squash
Cucumbers
Daikon radishes
Eggplant
Fennel
Fermented vegetables: kimchi, pickles, sauerkraut, etc.
Green beans
Hearts of palm
Jicama
Kohlrabi

Leeks
Mushrooms
Okra
Onions
Peppers, all
Radishes
Rhubarb
Rutabaga
Salsa— $\frac{1}{4}$ c
Scallions/green onions
Sea vegetables
Shallots
Snap peas/snow peas
Sprouts, all
Lower-carb squash: crookneck, delicata, spaghetti, yellow, zucchini
Tomatillo— $\frac{1}{2}$ c
Tomato
Tomato juice— $\frac{1}{2}$ c
Tomato paste (unsweetened)—2 T
Tomato sauce (unsweetened)— $\frac{1}{2}$ c
Turnips

Vegetable juice: fresh, low-sodium— $\frac{1}{2}$ c
Water chestnuts

Leafy Greens:

Arugula
Chard/Swiss chard
Chicory
Endive
Escarole
Greens: beet, collard, dandelion, kale, mustard, turnip, etc.
Lettuce, all
Microgreens
Radicchio
Spinach
Watercress

Vegetables Starchy

Main macros: carbs

Organic, non-GMO preferred

Servings/day: 1-2

1 serving = 80 calories; macros = 3 g protein,
1 g fat, 15 g carbs

Breadfruit— $\frac{1}{3}$ c
Cassava root— $\frac{1}{3}$ c
Corn (non-GMO)— $\frac{1}{2}$ c
Corn on the cob (non-GMO)—1 ear
Higher-carb squash: acorn, buttercup, butternut, carnival, hubbard, etc.—1 c
Jackfruit— $\frac{1}{2}$ c

Parsnip— $\frac{1}{2}$ c
Plantain— $\frac{1}{3}$ c or $\frac{1}{2}$ whole
Potato: purple, red, yellow, etc.— $\frac{1}{2}$ med
Potatoes, mashed— $\frac{1}{2}$ c
Pumpkin, pureed—1 c
Sweet potato— $\frac{1}{2}$ c
Taro root— $\frac{1}{3}$ c
Yam— $\frac{1}{2}$ c

Fruits

Main macros: carbs

Organic, non-GMO preferred; unsweetened,
no sugar added

Servings/day: 2-3

1 serving = 60 calories; macros = 0-2 g
protein, 0 g fat, 15 g carbs

Apple—1 sm
Applesauce— $\frac{1}{2}$ c
Apricots—4
Asian pear— $\frac{1}{2}$ med
Banana— $\frac{1}{2}$ med
Blackberries—1 c
Blueberries— $\frac{3}{4}$ c
Cherimoya (custard apple)— $\frac{1}{2}$ c
Cherries—12
Cranberries— $\frac{3}{4}$ c
Dates (dried)—3 sm or 1 lrg
Dragonfruit (pitaya)— $\frac{1}{2}$ c
Dried fruit— $\frac{1}{8}$ c
Figs—3
Fresh juiced fruits— $\frac{1}{2}$ c
Goji berries, dried— $\frac{1}{8}$ c

Grapefruit— $\frac{1}{2}$ large
Grapes—15
Guava— $\frac{1}{2}$ c
Kiwifruit— $\frac{1}{2}$ c sliced or 1 med
Kumquats—5
Lychee (litchi)— $\frac{1}{2}$ c
Mandarins (including clementines, tangerines)—2 sm or 1 lrg
Mango— $\frac{1}{2}$ sm
Melon, all—1 c
Nectarine—1 med
Orange—1 med
Papaya—1 c
Passionfruit—3
Peach—1 med

Pear—1 sm or $\frac{1}{2}$ lrg
Persimmon— $\frac{1}{2}$
Pineapple— $\frac{3}{4}$ c
Plums—2 sm
Pomegranate seeds— $\frac{1}{2}$ c
Prickly pear fruit—1 c
Prunes—3 med
Raisins— $\frac{1}{8}$ c
Raspberries—1 c
Starfruit—2 med
Strawberries—1 $\frac{1}{4}$ c

Whole Grains (100%)

Main macros: carbs

Unsweetened, sprouted, and organic preferred

Servings/day: 2

All grain servings are for cooked amounts unless otherwise specified. Check package label to best match serving size to calories and macros.

1 serving = 80-100 calories; macros = 3 g protein, 1 g fat, 15 g carbs

Gluten-Free:

Amaranth— $\frac{1}{3}$ c
Buckwheat/kasha— $\frac{1}{2}$ c
Grits, corn or soy— $\frac{1}{2}$ c
Millet— $\frac{1}{3}$ c
Oats (rolled, steel-cut)[^]— $\frac{1}{2}$ c
Quinoa— $\frac{1}{3}$ c
Rice: basmati, black, brown, purple, red, wild— $\frac{1}{3}$ c
Sorghum— $\frac{1}{3}$ c
Teff— $\frac{1}{3}$ c

[^]If certified gluten-free.

Gluten-Containing:

Barley— $\frac{1}{3}$ c
Bulgur— $\frac{1}{2}$ c
Couscous— $\frac{1}{3}$ c
Crispbread crackers—2-5
Wheat:
Kamut— $\frac{1}{2}$ c
Spelt— $\frac{1}{3}$ c
Whole wheat cereal, hot or cold— $\frac{1}{2}$ c

Minimally Processed:

Bread—1 slice
Brown rice cake—1 or 2 (varies)
Crackers (nut, seed, rice)—10
Flour (such as for thickening or breading)—2-3 T
Pasta— $\frac{1}{3}$ c
Pita— $\frac{1}{2}$
Popcorn (plain)—3 c
Tortilla—1, 6 inches

Beverages, Herbs, Spices & Condiments

Unsweetened, no sugar added added

Filtered water
Sparkling/mineral water
Coconut water— $\frac{1}{2}$ c
Coffee
Tea, all

Herbs, all
Spices, all
Condiments: citrus zest, horseradish, lemon/lime juice, miso, mustard, tamari, vinegars, etc.—use sparingly, suggest 1 T or less per serving

These items are generally low-calorie. If serving sizes are included for an item, it is low-calorie if limited to the specified serving size.