

Core Food Plan— Vegan ^{VE}

Metric
System

Proteins Proteins

Servings/day _____

Organic, non-GMO preferred

Plant Proteins:

Mung bean/Edamame pasta—
14 g
Natto—28 g
Nutritional yeast—2 T
Spirulina—2 T
Tempeh—28 g
Tofu (firm/extra firm)—42-56 g
Tofu (soft/silken)—85 g

Protein Powder:

Check label for # grams per
scoop—1 protein serving = 7 g
Hemp, pea, rice, soy

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs

Legumes Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

Bean soups—177 ml
Black soybeans (cooked)—43 g
Dried beans, lentils, peas
(cooked)—43 g
Edamame (cooked)—43 g
Flour, legume—34 g

Green peas (cooked)—75 g
Hummus or other bean dips—
28 g
Refried beans, vegetarian—43 g
Veggie burger (non-GMO)—
1 patty

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

Dairy Alternatives Proteins/Carbs

Servings/day _____

Unsweetened, organic preferred

Milk: Almond, coconut,
flaxseed, hazelnut, hemp, oat,
rice, soy—227 g

Yogurt: Coconut or soy
(cultured)—113-170 g
Kefir: Coconut, soy—113-170 g

1 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 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, 5 g fat

Fats & Oils Fats

Servings/day _____

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

Avocado—2 T or ⅛ whole
Chocolate, dark (70% or higher
cocoa, dairy-free)—28 g
Coconut milk, regular
(canned)—1 ½ T
Coconut milk, light (canned)—3 T
Mayonnaise (unsweetened,
egg-free)—1 t
Olives: Black, green,
kalamata—8

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
Salad dressings 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.

Vegetables Non-starchy Carbs

Servings/day _____

Organic, non-GMO preferred

Artichoke	Horseradish
Arugula	Jicama
Asparagus	Kohlrabi
Bamboo shoots	Leeks
Beets (cubed)	Lettuce, all
Bok choy	Microgreens
Broccoflower	Mushrooms
Broccoli	Okra
Brussels sprouts	Onions
Cabbage	Parsley
Carrots	Peppers, all
Cauliflower	Radicchio
Celeriac root	Radishes
Celery	Salsa
Chard/Swiss chard	Scallions
Chervil	Sea vegetables
Chinese cabbage	Shallots
Chives	Snap peas/snow peas
Cilantro	Spinach
Cucumbers	Sprouts, all
Daikon radishes	Squash: Delicata, pumpkin,
Eggplant	spaghetti, yellow, zucchini, etc.
Endive	Tomato
Escarole	Tomato juice—177 ml
Fennel	Turnips
Fermented vegetables: Kimchi,	Vegetable juice—177 ml
pickles, sauerkraut, etc.	Water chestnuts
Garlic	Watercress
Green beans	
Greens: Beet, collard,	
dandelion, kale, mustard,	
turnip, etc.	

1 serving = 65 g, 130 g raw greens = 25 calories, 5 g carbs

Vegetables Starchy Carbs

Servings/day _____

Organic, non-GMO preferred

Acorn squash (cubed)—125 g	Potatoes (mashed)—100 g
Butternut squash (cubed)—125 g	Root vegetables: Parsnip,
Plantain—39 g or ½ whole	rutabaga—75 g
Potato: Purple, red, sweet,	Yam—½ med
yellow—½ med	

1 serving = 80 calories, 15 g carbs

Fruits Carbs

Servings/day _____

Unsweetened, organic, non-GMO preferred; no sugar added

Apple—1 sm	Nectarine—1 sm
Applesauce—127 g	Orange—1 sm
Apricots—4	Papaya—85 g
Banana—½ med	Peach—1
Blackberries—75 g	Pear—1 sm
Blueberries—75 g	Persimmon—½
Cherries—12	Pineapple—150 g
Cranberries—75 g	Plums—2 sm
Dates or figs—3	Pomegranate seeds—43 g
Dried fruit—2 T	Prunes—3 med
Grapefruit—½	Raisins—2 T
Grapes—15	Raspberries—125 g
Kiwi—1 med	Strawberries—154 g
Mango—½ sm	Tangerines—2 sm
Melon, all—85 g	

1 serving = 60 calories, 15 g carbs

Whole Grains (100%) Carbs

Servings/day _____

Unsweetened, sprouted and organic preferred

Gluten-Free:	Cereal, whole wheat—42 g
Amaranth—28 g	Couscous—28 g
Buckwheat/kasha—65 g	Crackers, rye—4-7
Millet—65 g	Kamut—59 g
Oats (rolled, steel-cut)—65 g	Spelt—38 g
Quinoa—65 g	
Rice: Basmati, black, brown,	Individual Portions:
purple, red, wild—40 g	Bread—1 slice
Sorghum—15 g	Granola (homemade)—3 T
Teff—91 g	Muesli—42 g
Gluten-Containing:	Pasta—100 g
Barley—65 g	Pita—50 g
Bulgur—115 g	Tortilla—1, 15 cm

All grain servings are for cooked amounts. 1 serving = 75-110 calories, 15 g carbs.

Beverages, Spices & Condiments

Unsweetened, no sugar added

Filtered water	Herbs and Spices, all
Sparkling/mineral water	Condiments: Lemon/lime juice,
Fresh juiced fruits/vegetables	miso, mustard, tamari, vinegars,
Coconut water	etc.—use sparingly, suggest 1 T
Coffee	or less per serving
Tea: Black, green, herbal, etc.	

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