

Mito Food Plan

Imperial
System

Proteins

Proteins

Servings/day _____

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

Animal Proteins:

Cheese (hard)–½ oz
Cheese (soft)–1 oz
Cottage cheese–¼ c
Parmesan cheese–2 T
Ricotta cheese–¼ c
Egg–1; or 2 egg whites
Fish, Omega-3 rich: Alaskan salmon*, cod*, halibut, herring, Atlantic mackerel*, sardines*, shrimp, tuna, etc.–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:

Spirulina–2 T
Tempeh–1 oz
Tofu (firm/extra firm)–1.5-2 oz
Tofu (soft/silken)–3 oz

Protein Powder:

Check label for # grams per scoop–1 protein serving = 7 g
Egg, hemp, pea, rice, soy, whey

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

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

Legumes#

Proteins/Carbs

Servings/day _____

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 _____

Unsweetened, organic preferred

Dairy:

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

Dairy Alternatives:

Kefir*: Coconut, soy (plain)–6-8 oz
Milk: Soy, Almond, coconut, flaxseed, hazelnut, hemp, oat–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)

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
Nut cheeses (almond, cashew, etc.)–1 oz

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 ½ 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
Mayonnaise (unsweetened)–1 t
Oils, cooking: Avocado*, coconut, ghee/clarified butter, grapeseed, grass fed butter, MCT*, olive (extra virgin)*, rice bran, sesame–1 t

Oils, salad: Almond, avocado*, flaxseed*, grapeseed, hempseed, MCT*, olive (extra virgin)*, pumpkin, rice bran, safflower (high-oleic), sesame, sunflower (high-oleic) walnut–1 t
Olives*: Black, green, kalamata–8
Pesto (olive oil)–1 T
Salad dressing made with the above oils–1 T

1 serving = 45 calories, 4 g fat

*Items with asterisks and highlighted in teal indicate preferred therapeutic foods. Categories and items marked with # should be limited or avoided when following a more ketogenic version of the food plan.

Notes: Nutritional amounts are based on average values for the variety of foods within each food category. This food plan should be followed under the supervision of a qualified healthcare professional.

Vegetables Non-starchy Carbs

Servings/day _____

Organic, non-GMO preferred

Artichoke	Kohlrabi*
Arugula*	Leeks*
Asparagus*	Lettuce, all
Bamboo shoots	Microgreens*
Beets (cubed)	Mushrooms
Bok choy*	Okra*
Broccoflower*	Onions*
Broccoli*	Parsley
Brussels sprouts*	Peppers, all
Cabbage*	Radishes*
Carrots	Salsa
Cauliflower*	Scallions*
Celeriac root	Sea vegetables*
Celery	Shallots*
Chard/Swiss chard	Snap peas/snow peas
Chives*	Spinach*
Cilantro*	Sprouts*, all
Cucumbers	Squash: Delicata, pumpkin,
Daikon radish*	spaghetti, yellow, zucchini, etc.
Eggplant	Tomato
Endive	Tomato juice—¾ c
Fennel	Turnips*
Fermented vegetables*:	Vegetable juice—¾ c
Kimchi, pickles, sauerkraut, etc.	Water chestnuts
Garlic*	Watercress*
Green beans	
Greens*: Beet, collard, chicory,	1 serving = ½ c, 1 c raw greens =
dandelion, escarole, kale,	25 calories, 5 g carbs
mustard, purslane, radicchio,	
turnip, etc.*	
Horseradish*	
Jicama	

Vegetables Starchy Carbs

Servings/day _____

Organic, non-GMO preferred

Acorn squash (cubed)—1 c	Potatoes (mashed)—½ c
Butternut squash (cubed)—1 c	Root vegetables: Parsnip,
Plantain—⅓ c or ½ whole	rutabaga—½ c
Potato: Purple, red, sweet,	Yam—½ med
yellow—½ med	

1 serving = 80 calories, 15 g carbs

Low Glycemic Impact Recommendations: Limit to 1-2 serving per day

Fruits# Carbs

Servings/day _____

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

Apple*—1 sm	Nectarine—1 sm
Applesauce—½ c	Orange—1 sm
Apricots—4	Papaya—1 c
Banana—½ med	Peach—1
Blackberries*—¾ c	Pear—1 sm
Blueberries*—¾ c	Persimmon—½
Cherries*—12	Pineapple—¾ c
Dates or figs—3	Plums—2 sm
Dried fruit—2 T	Pomegranate seeds*—½ c
Grapefruit—½	Prunes—3 med
Grapes*—15	Raspberries*—1 c
Kiwi—1 med	Strawberries*—1¼ c
Mango—½ sm	Tangerines—2 sm
Melon, all—1 c	

1 serving = 60 calories, 15 g carbs

Low Glycemic Impact Recommendations Limit to 1-2 servings per day; limit dried fruit and fruit juices

Whole Grains# Carbs

Servings/day _____

Gluten-Free:	Gluten-Containing:
Amaranth—⅓ c	Bulgur—¼ c
Buckwheat—½ c	Spelt—¼ c
Millet—½ c	
Oats (rolled, steel-cut)—½ c	
Quinoa—½ c	
Rice: Basmati, brown, wild—⅓ c	
Teff—¾ c	

All grain servings are for cooked amounts.

1 serving = 75-110 calories, 15 g carbs

Low Glycemic Impact Recommendations: Limit to 1-2 servings per day

Beverages, Spices & Condiments

Unsweetened, no sugar added

Black tea	Herbs and Spices*: Curcumin,
Coffee	marjoram, oregano, sage, etc.
Filtered water	Condiments: Lemon/lime
Fresh juiced vegetables	juice, miso, mustard, tamari,
Ginkgo biloba tea	vinegars, etc.—use sparingly,
Green tea*	suggest 1 T or less per
Sparkling/mineral water	serving
Unsweetened coconut water#	
Yerba mate	

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