

Mito Food Plan

Metric
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)—15 g
Cheese (soft)—30 g
Cottage cheese—55 g
Parmesan cheese—2 T
Ricotta cheese—60 g
Egg—1; or 2 egg whites
Fish, Omega-3 rich: Alaskan salmon*, cod*, halibut, herring, Atlantic mackerel*, sardines*, shrimp, tuna, etc.—30 g
Meat: Beef, buffalo, elk, lamb, venison, other wild game—30 g
Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.—30 g

Plant Protein:

Spirulina—2 T
Tempeh—30 g
Tofu (firm/extra firm)—40-60 g
Tofu (soft/silken)—85 g

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 85-113 g (size of deck of cards).

Legumes#

Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

Bean soups—185 g
Black soybeans (cooked)—86 g
Dried beans, lentils, peas (cooked)—40 g
Edamame (cooked)—77 g

Flour, legume—25 g
Green peas (cooked)—80 g
Hummus or other bean dips—82 g
Refried beans, vegetarian—90 g

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#—225 g
Milk: Cow, goat—225 g
Kefir (plain)**—175-225 g
Yogurt: Greek (plain)**—175 g

Dairy Alternatives:

Kefir: Coconut, soy (plain)—175-225 g
Milk: Soy, Almond, coconut, flaxseed, hazelnut, hemp, oat—225 g
Yogurt#: Coconut or soy (cultured)—175 g

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)#—30 g
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—185 ml
Fennel	Turnips*
Fermented vegetables*:	Vegetable juice—185 ml
Kimchi, pickles, sauerkraut, etc.	Water chestnuts
Garlic*	Watercress*
Green beans	
Greens*: Beet, collard, chicory,	
dandelion, escarole, kale,	
mustard, purslane, radicchio,	
turnip, etc.*	
Horseradish*	
Jicama	

1 serving = 64 g, 130 g raw greens = 25 calories, 5 g carbs

Vegetables Starchy# Carbs

Servings/day _____

Organic, non-GMO preferred

Acorn squash (cubed)—140 g	Potatoes (mashed)—100 g
Butternut squash (cubed)—140 g	Root vegetables: Parsnip,
Plantain—50 g or ½ whole	rutabaga—75 g
Potato: Purple, red, sweet,	Yam—½ med
yellow—½ med	

1 serving = 80 calories, 15 g carbs

Low Glycemic Impact Recommendations: Limit to 1 serving per day

Fruits# Carbs

Servings/day _____

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

Apple*—1 sm	Nectarine—1 sm
Applesauce—127 g	Orange—1 sm
Apricots—4	Papaya—140 g
Banana—½ med	Peach—1
Blackberries*—110 g	Pear—1 sm
Blueberries*—110 g	Persimmon—½
Cherries*—12	Pineapple—120 g
Dates or figs—3	Plums—2 sm
Dried fruit—2 T	Pomegranate seeds*—85 g
Grapefruit—½ med	Prunes—3 med
Grapes*—15	Raspberries*—120 g
Kiwi—1 med	Strawberries*—190 g
Mango—½ sm	Tangerines—2 sm
Melon, all—175 g	

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—82 g	Bulgur—50 g
Buckwheat/kasha—84 g	Spelt—30 g
Millet—87 g	
Oats (rolled, steel-cut)—115 g	
Quinoa—90 g	
Rice: Basmati, brown, wild—65 g	
Teff—189 g	

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 fruits/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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