

Cardiometabolic Food Plan (1400-1800 Calories)

Proteins

Proteins

Servings/day: 9-10

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
Poultry (skinless):
Chicken, Cornish hen, duck, pheasant, turkey, etc.–1 oz

Plant Proteins:

Natto*–1 oz
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 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 protein serving is 3-4 oz
(size of palm of hand).

Legumes

Proteins/Carbs

Servings/day: 1-2

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: 1-2

Unsweetened, organic preferred

Dairy:

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

Dairy Alternatives:

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)

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

Nuts & Seeds

Proteins/Fats

Servings/day: 2-3

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 ⅓ 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, 4 g fat

*Items with asterisks and highlighted in teal 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: 7-8

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, spaghetti, yellow, zucchini, etc.
Eggplant	Tomato*
Endive*	Tomato juice— $\frac{3}{4}$ c
Escarole	Turnips
Fennel*	Vegetable juice— $\frac{3}{4}$ c
Fermented vegetables: Kimchi, pickles, sauerkraut, etc.	Water chestnuts
Garlic*	Watercress*
Green beans	
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

Organic, non-GMO preferred

Acorn squash (cubed)—1 c	Potatoes (mashed)— $\frac{1}{2}$ c
Butternut squash (cubed)—1 c	Root vegetables: Parsnip, rutabaga— $\frac{1}{2}$ c
Plantain— $\frac{1}{2}$ c or $\frac{1}{2}$ whole	Yam— $\frac{1}{2}$ med
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, unsalted, organic preferred; no sugar added

Apple—1 sm	Nectarine—1 sm
Applesauce— $\frac{1}{2}$ c	Orange—1 sm
Apricots—4	Papaya—1 c
Banana— $\frac{1}{2}$ med	Peach—1
Blackberries— $\frac{3}{4}$ c	Pear—1 sm
Blueberries*— $\frac{3}{4}$ c	Persimmon— $\frac{1}{2}$
Cherries—12	Pineapple— $\frac{3}{4}$ c
Grapefruit— $\frac{1}{2}$	Plums—2 sm
Grapes—15	Pomegranate seeds*— $\frac{1}{2}$ c
Kiwi—1 med	Raspberries—1 c
Mango— $\frac{1}{2}$ sm	Strawberries— $\frac{1}{4}$ c
Melon, all—1 c	Tangerines—2 sm

1 serving = 60 calories, 15 g carbs

Low Glycemic Impact Recommendations Limit to 2 servings per day. Avoid dried fruit and fruit juices.

Whole Grains (100%)

Carbs

Servings/day: 1-2

Unsweetened, sprouted and organic preferred

Gluten-Free:	Cereal, whole wheat— $\frac{1}{2}$ c
Amaranth— $\frac{1}{3}$ c	Couscous— $\frac{1}{3}$ c
Buckwheat/kasha— $\frac{1}{2}$ c	Crackers, rye—4-7
Millet— $\frac{1}{2}$ c	Kamut— $\frac{1}{2}$ c
Oats (rolled, steel-cut)*— $\frac{1}{2}$ c	Semolina— $\frac{1}{8}$ c
Quinoa— $\frac{1}{2}$ c	Spelt— $\frac{1}{3}$ c
Rice: Basmati, black, brown, purple, red, wild— $\frac{1}{3}$ c	
Sorghum— $\frac{1}{8}$ c	
Teff— $\frac{3}{4}$ c	

Individual Portions:

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

Gluten-Containing:

Barley*— $\frac{1}{3}$ c
Bulgur— $\frac{1}{2}$ c

All grain servings are for cooked amounts. 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

Beetroot juice	Herbs and Spices: Cayenne, cinnamon, garlic, oregano, etc.
Filtered water	Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.—use sparingly, suggest 1 T or less per serving
Sparkling/mineral water	
Green tea	
Low-sodium vegetable juice	

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