### Cardiometabolic Food Plan (1800–2200 Calories)

#### PROTEINS

**Servings/day:** 10–12  
**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 Protein:
- **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).**

#### NUTS & SEEDS

**Servings/day:** 3–4  
**Unsweetened, organic preferred**

#### Nuts:
- **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

#### Seeds:
- **Edamame (cooked)**: ½ c
- **Flour, legume**: ¼ c
- **Green peas (cooked)**: ½ c

- **1 serving = 45 calories, 4 g fat**

#### DAIRY & ALTERNATIVES

**Servings/day:** 2–3  
** Unsweetened, organic preferred **

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

#### Dairy Alternatives:
- **Milk**: **Almond**, **coconut**, **flaxseed**, **hazelnut**, **hemp**, **oat**, **soy**
- **Yogurt**: **Coconut or soy (cultured)**

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

#### FATS & OILS

**Servings/day:** 4  
**Minimally refined, cold-pressed, organic, non-GMO preferred**

#### Fats
- **Avocado**: 2 T or ¼ whole
- **Butter**: 1 t, 2 t whipped
- **Chocolate, dark (70% or higher cocoa)**: 1 oz
- **Coconut milk, light (canned)**: 3 T
- **Coconut milk, regular (canned)**: 1 T
- **Coconut milk, light (canned)**: 3 T
- **Ghee/clarified butter**: 1 t
- **Mayonnaise (unsweetened)**: 1 t
- **Olive Oil**: Black, green, kalamata: 8
- **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

- **Oils, cooking**: **Avocado**, butter, coconut (virgin), grapeseed, olive (extra virgin), rice bran, sesame
- **Oils, salad**: **Avocado**, canola, flaxseed, grapeseed, hempseed, olive (extra virgin), pumpkin seed, rice bran, safflower (high-oleic), sesame, sunflower (high-oleic), walnut

**Items in blue 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: 8–10

- Artichoke
- Arugula
- Asparagus
- Bamboo shoots
- Beets (cubed)
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac root
- Celery
- Chard/Swiss chard
- Chervil
- Chinese cabbage
- Chives
- Cilantro
- Cucumbers
- Daikon radishes
- Eggplant
- Endive
- Escarole
- Fennel
- Fermented vegetables: Kimchi, pickles, sauerkraut, etc.
- Garlic
- Green beans
- Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.
- Horseradish
- Jicama
- Kohlrabi
- Leeks
- Lettuce, all
- Microgreens
- Mushrooms
- Okra
- Onions
- Parsley
- Peppers, all
- Radicchio
- Radishes
- Salsa
- Scallions
- Sea vegetables
- Shallots
- Snap peas/snow peas
- Spinach
- Sprouts, all
- Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc.
- Tomato
- Tomato juice—⅓ c
- Turnips
- Vegetable juice—⅓ c
- Water chestnuts
- Watercress

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

### VEGETABLES Starchy Carbs

Servings/day: 1

- Acorn squash (cubed)—1 c
- Butternut squash (cubed)—1 c
- Plantain—½ c or ½ whole
- Potato: Purple, red, sweet, yellow—½ 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, no sugar added**

- Apple—1 sm
- Applesauce—½ c
- Apricots—4
- Banana—½ med
- Blackberries—⅓ c
- Blueberries—¼ c
- Cherries—12
- Grapes—15
- Kiwi—1 med
- Mango—½ sm
- Melon, all—1 c
- Nectarine—1 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: 2

**Unsweetened, sprouted and organic preferred**

Gluten-Free:

- Amaranth—½ c
- Buckwheat/kasha—½ c
- Millet—½ c
- Oats (rolled, steel-cut)—½ c
- Quinoa—½ c
- Rice: Basmati, black, brown, purple, red, wild—½ c
- Sorghum—½ c
- Teff—¼ c

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

**Individual portions:**

- Bread—1 sl
- Muesli—½ c
- Pasta—½ c
- Pita—½
- Tortilla—1, 6 in

### BEVERAGES, SPICES & CONDIMENTS

**Unsweetened, no sugar added**

- Beetroot juice
- Filtered water
- Sparkling/mineral water
- Green tea
- Low–sodium vegetable juice

**Herbs and Spices:**

- Cayenne, cinnamon, garlic, oregano, etc.

**Condiments:**

- Lemon/lime juice, miso, mustard, tamari, vinegars, etc.—use sparingly, suggest 1 T or less per serving

Items in blue indicate preferred therapeutic foods

© 2016 The Institute for Functional Medicine