



# Cardiometabolic Food Plan (1800–2200 Calories)

## PROTEINS

*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

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: 2–3

**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: 2–3

**Unsweetened, organic preferred**

### Dairy:

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

### Dairy Alternatives:

- Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, **soy**–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: 3–4

**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 ⅛ 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
- Olive: 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, 5 g fat

### 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

- |   |   |
|---|---|
| <input type="checkbox"/> <b>Artichoke</b>   | <input type="checkbox"/> Horseradish  |
| <input type="checkbox"/> Arugula  | <input type="checkbox"/> Jicama   |
| <input type="checkbox"/> Asparagus  | <input type="checkbox"/> <b>Kohlrabi</b>  |
| <input type="checkbox"/> Bamboo shoots  | <input type="checkbox"/> <b>Leeks</b>   |
| <input type="checkbox"/> <b>Beets</b> (cubed)   | <input type="checkbox"/> <b>Lettuce, all</b>  |
| <input type="checkbox"/> Bok choy   | <input type="checkbox"/> <b>Microgreens</b>   |
| <input type="checkbox"/> Broccoli   | <input type="checkbox"/> Mushrooms  |
| <input type="checkbox"/> Broccoli sprouts   | <input type="checkbox"/> Okra   |
| <input type="checkbox"/> Cabbage  | <input type="checkbox"/> <b>Onions</b>  |
| <input type="checkbox"/> Carrots  | <input type="checkbox"/> <b>Parsley</b>   |
| <input type="checkbox"/> Cauliflower  | <input type="checkbox"/> Peppers, all   |
| <input type="checkbox"/> Celeriac root  | <input type="checkbox"/> Radicchio  |
| <input type="checkbox"/> <b>Celery</b>  | <input type="checkbox"/> Radishes   |
| <input type="checkbox"/> <b>Chard/Swiss chard</b>   | <input type="checkbox"/> Salsa  |
| <input type="checkbox"/> <b>Chervil</b>   | <input type="checkbox"/> <b>Scallions</b>   |
| <input type="checkbox"/> <b>Chinese cabbage</b>   | <input type="checkbox"/> Sea vegetables   |
| <input type="checkbox"/> Chives   | <input type="checkbox"/> <b>Shallots</b>  |
| <input type="checkbox"/> Cilantro   | <input type="checkbox"/> Snap peas/snow peas  |
| <input type="checkbox"/> Cucumbers  | <input type="checkbox"/> <b>Spinach</b>   |
| <input type="checkbox"/> Daikon radishes  | <input type="checkbox"/> Sprouts, all   |
| <input type="checkbox"/> Eggplant   | <input type="checkbox"/> Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc. |
| <input type="checkbox"/> <b>Endive</b>  | <input type="checkbox"/> <b>Tomato</b>  |
| <input type="checkbox"/> Escarole   | <input type="checkbox"/> Tomato juice— $\frac{3}{4}$ c                                |
| <input type="checkbox"/> <b>Fennel</b>  | <input type="checkbox"/> Turnips  |
| <input type="checkbox"/> Fermented vegetables: Kimchi, pickles, sauerkraut, etc.              | <input type="checkbox"/> Vegetable juice— $\frac{3}{4}$ c                             |
| <input type="checkbox"/> <b>Garlic</b>  | <input type="checkbox"/> Water chestnuts  |
| <input type="checkbox"/> Green beans  | <input type="checkbox"/> <b>Watercress</b>  |
| <input type="checkbox"/> <b>Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.</b> |   |

1 serving =  $\frac{1}{2}$  c, 1 c raw greens = 25 calories, 5 g carbs**Organic, non-GMO fruits, vegetables, herbs and spices preferred****VEGETABLES** Starchy**Carbs**

Servings/day: 1

- |  |  |
|--|--|
| <input type="checkbox"/> Acorn squash  | <input type="checkbox"/> Potatoes (mashed)— $\frac{1}{2}$ c                  |
| <input type="checkbox"/> Butternut squash (cubed)—1 c                          | <input type="checkbox"/> Root vegetables: Parsnip, rutabaga— $\frac{1}{2}$ c |
| <input type="checkbox"/> Plantain— $\frac{1}{3}$ c or $\frac{1}{2}$ whole      | <input type="checkbox"/> Yam— $\frac{1}{2}$ med                              |
| <input type="checkbox"/> 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, no sugar added**

- |   |   |
|---|---|
| <input type="checkbox"/> Apple—1 sm                           | <input type="checkbox"/> Orange—1 sm                                |
| <input type="checkbox"/> Applesauce— $\frac{1}{2}$ c          | <input type="checkbox"/> Papaya—1 c                                 |
| <input type="checkbox"/> Apricots—4                           | <input type="checkbox"/> Peach—1                                    |
| <input type="checkbox"/> Banana— $\frac{1}{2}$ med            | <input type="checkbox"/> Pear—1 sm                                  |
| <input type="checkbox"/> Blackberries— $\frac{3}{4}$ c        | <input type="checkbox"/> Persimmon— $\frac{1}{2}$                   |
| <input type="checkbox"/> <b>Blueberries</b> — $\frac{3}{4}$ c | <input type="checkbox"/> Pineapple— $\frac{3}{4}$ c                 |
| <input type="checkbox"/> Cherries—12                          | <input type="checkbox"/> Plums—2 sm                                 |
| <input type="checkbox"/> Grapefruit— $\frac{1}{2}$            | <input type="checkbox"/> <b>Pomegranate seeds</b> — $\frac{1}{2}$ c |
| <input type="checkbox"/> Grapes—15                            | <input type="checkbox"/> Raspberries—1 c                            |
| <input type="checkbox"/> Kiwi—1 med                           | <input type="checkbox"/> Strawberries— $1\frac{1}{4}$ c             |
| <input type="checkbox"/> Mango— $\frac{1}{2}$ sm              | <input type="checkbox"/> Tangerines—2 sm                            |
| <input type="checkbox"/> Melon, all—1 c                       |   |
| <input type="checkbox"/> 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— $\frac{1}{3}$  c
- Buckwheat/kasha— $\frac{1}{2}$  c
- Millet— $\frac{1}{2}$  c
- Oats** (rolled, steel-cut)— $\frac{1}{2}$  c
- Quinoa— $\frac{1}{2}$  c
- Rice: Basmati, black, brown, purple, red, wild— $\frac{1}{3}$  c
- Sorghum— $\frac{1}{8}$  c
- Teff— $\frac{3}{4}$  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

**Gluten Containing:**

- Barley**— $\frac{1}{3}$  c
- Bulgur— $\frac{1}{2}$  c
- Cereal, whole wheat— $\frac{1}{2}$  c
- Couscous— $\frac{1}{3}$  c
- Crackers, rye—4-7
- Kamut— $\frac{1}{2}$  c
- Semolina— $\frac{1}{8}$  c
- Spelt— $\frac{1}{3}$  c

**Individual portions:**

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

**BEVERAGES, SPICES & CONDIMENTS****Unsweetened, no sugar added**

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

**Items in blue indicate preferred therapeutic foods**