



# Mito Food Plan

## PROTEINS

Proteins

Servings/day \_\_\_\_\_

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

### Animal Proteins:

- Cheese (hard)— $\frac{1}{2}$  oz
- Cheese (soft)—1 oz
- Cottage cheese— $\frac{1}{4}$  c
- Parmesan cheese—2 T
- Ricotta cheese— $\frac{1}{4}$  c
- Egg—1; or 2 egg whites
- Fish, Omega-3 rich: Alaskan salmon, cod, halibut, herring, 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 Protein:

- Spirulina—2 T
- Tempeh—1 oz
- Tofu (firm/extra firm)— $1\frac{1}{2}$ -2 oz
- Tofu (soft/silken)—3 oz

### Protein Powder:

- Check label for # grams/scoop (1 protein serving = 7 g protein)  
Egg, hemp, pea, rice, soy, whey protein

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 \_\_\_\_\_

**Organic, non-GMO preferred**

- Bean soups— $\frac{3}{4}$  c
- Black soybeans (cooked)— $\frac{1}{2}$  c
- Dried beans, lentils, or peas (cooked)— $\frac{1}{2}$  c
- Edamame (cooked)— $\frac{1}{2}$  c
- Flour, legume— $\frac{1}{4}$  c
- Green peas (cooked)— $\frac{1}{2}$  c

- Hummus or other bean dips— $\frac{1}{3}$  c
  - Refried beans, vegetarian— $\frac{1}{2}$  c
- 1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

## DAIRY & ALTERNATIVES

Proteins/Carb

Servings/day \_\_\_\_\_

**Unsweetened, organic preferred**

### Dairy:

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

### Dairy Alternatives:

- Milk: Almond, **coconut**, flaxseed, hazelnut, hemp, oat, , soy—8 oz
- Yogurt: **Coconut**, soy (cultured) —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— $\frac{1}{2}$  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, 5 g fat

## FATS & OILS

Fats

Servings/day \_\_\_\_\_

**Minimally refined, cold-pressed, organic, non-GMO preferred**

- Avocado**—2 T or  $\frac{1}{8}$  whole
- Butter—1 t; 2 t whipped
- Chocolate, dark (70% or higher cocoa)—1 oz
- Coconut milk, regular (canned)**— $\frac{1}{2}$  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, 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 \_\_\_\_\_

- |   |   |
|---|---|
| <input type="checkbox"/> Artichoke                | <input type="checkbox"/> Horseradish                      |
| <input type="checkbox"/> <b>Arugula</b>           | <input type="checkbox"/> Jicama                           |
| <input type="checkbox"/> <b>Asparagus</b>         | <input type="checkbox"/> <b>Kohlrabi</b>                  |
| <input type="checkbox"/> Bamboo shoots            | <input type="checkbox"/> <b>Leeks</b>                     |
| <input type="checkbox"/> Beets (cubed)            | <input type="checkbox"/> Lettuce, all                     |
| <input type="checkbox"/> <b>Bok choy</b>          | <input type="checkbox"/> <b>Microgreens</b>               |
| <input type="checkbox"/> <b>Broccoflower</b>      | <input type="checkbox"/> Mushrooms                        |
| <input type="checkbox"/> <b>Broccoli</b>          | <input type="checkbox"/> <b>Okra</b>                      |
| <input type="checkbox"/> <b>Brussels sprouts</b>  | <input type="checkbox"/> <b>Onions</b>                    |
| <input type="checkbox"/> <b>Cabbage</b>           | <input type="checkbox"/> Parsley                          |
| <input type="checkbox"/> Carrots                  | <input type="checkbox"/> Peppers, all                     |
| <input type="checkbox"/> <b>Cauliflower</b>       | <input type="checkbox"/> <b>Radishes</b>                  |
| <input type="checkbox"/> Celeriac root            | <input type="checkbox"/> Salsa                            |
| <input type="checkbox"/> Celery                   | <input type="checkbox"/> <b>Scallions</b>                 |
| <input type="checkbox"/> <b>Chard/Swiss chard</b> | <input type="checkbox"/> <b>Sea vegetables</b>            |
| <input type="checkbox"/> <b>Chives</b>            | <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"/> <b>Daikon radish</b>     | <input type="checkbox"/> <b>Sprouts, all</b>              |
| <input type="checkbox"/> Eggplant                 | <input type="checkbox"/> Squash: Delicata,                |
| <input type="checkbox"/> Endive                   | pumpkin, spaghetti,                                       |
| <input type="checkbox"/> Fennel                   | yellow, zucchini, etc.                                    |
| <input type="checkbox"/> <b>Fermented</b>         | <input type="checkbox"/> Tomato                           |
| <b>vegetables:</b>                                | <input type="checkbox"/> Tomato juice— $\frac{3}{4}$ c    |
| <b>Kimchi, pickles,</b>                           | <input type="checkbox"/> Turnips                          |
| <b>sauerkraut, etc.</b>                           | <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,</b>     |   |
| <b>collard, chicory,</b>                          |   |
| <b>dandelion,</b>                                 |   |
| <b>escarole, kale,</b>                            |   |
| <b>mustard, purslane,</b>                         |   |
| <b>radicchio, turnip,</b>                         |   |
| <b>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 \_\_\_\_\_

- |  |   |
|--|---|
| <input type="checkbox"/> Acorn squash              | <input type="checkbox"/> Potato: Purple, red,   |
| <input type="checkbox"/> Butternut squash          | sweet, yellow— $\frac{1}{2}$ med                |
| <input type="checkbox"/> Plantain— $\frac{1}{3}$ c | <input type="checkbox"/> Potatoes               |
| or $\frac{1}{2}$ whole                             | (mashed)— $\frac{1}{2}$ c                       |
|  | <input type="checkbox"/> Root vegetables:       |
|  | Parsnip, rutabaga— $\frac{1}{2}$ c              |
|  | <input type="checkbox"/> Yam— $\frac{1}{2}$ med |

1 serving = 80 calories, 15 g carbs

**Low Glycemic Impact Recommendations**

Limit to 1 serving per day

## FRUITS

Carbs

Servings/day \_\_\_\_\_

**Unsweetened, no sugar added**

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Apple</b> —1 sm                    | <input type="checkbox"/> Nectarine—1 sm                         |
| <input type="checkbox"/> Applesauce— $\frac{1}{2}$ c           | <input type="checkbox"/> Orange—1 sm                            |
| <input type="checkbox"/> Apricots—4                            | <input type="checkbox"/> Papaya—1 c                             |
| <input type="checkbox"/> Banana— $\frac{1}{2}$ med             | <input type="checkbox"/> Peach—1 sm                             |
| <input type="checkbox"/> <b>Blackberries</b> — $\frac{3}{4}$ c | <input type="checkbox"/> Pear—1 sm                              |
| <input type="checkbox"/> <b>Blueberries</b> — $\frac{3}{4}$ c  | <input type="checkbox"/> Persimmon— $\frac{1}{2}$               |
| <input type="checkbox"/> <b>Cherries</b> —12                   | <input type="checkbox"/> Pineapple— $\frac{3}{4}$ c             |
| <input type="checkbox"/> Dates or figs—3                       | <input type="checkbox"/> Plums—2 sm                             |
| <input type="checkbox"/> Dried fruit—2 T                       | <input type="checkbox"/> <b>Pomegranate</b>                     |
| <input type="checkbox"/> Figs—3                                | <b>seeds</b> — $\frac{1}{2}$ c                                  |
| <input type="checkbox"/> Grapefruit— $\frac{1}{2}$             | <input type="checkbox"/> Prunes—3 med                           |
| <input type="checkbox"/> <b>Grapes</b> —15                     | <input type="checkbox"/> <b>Raspberries</b> —1 c                |
| <input type="checkbox"/> Kiwi—1 med                            | <input type="checkbox"/> <b>Strawberries</b> — $1\frac{1}{4}$ c |
| <input type="checkbox"/> <b>Mango</b> — $\frac{1}{2}$ sm       | <input type="checkbox"/> Tangerines—2 sm                        |
| <input type="checkbox"/> Melon, all—1 c                        |   |

1 serving = 60 calories, 15 g carbs

**Low Glycemic Impact Recommendations**

Limit to 2-3 servings per day. Limit dried fruit and fruit juices

## GLUTEN-FREE GRAINS

Carbs

Servings/day \_\_\_\_\_

**Unsweetened, sprouted, organic preferred**

- |   |  |
|---|--|
| <input type="checkbox"/> Amaranth— $\frac{1}{3}$ c                    | <input type="checkbox"/> Quinoa— $\frac{1}{2}$ c   |
| <input type="checkbox"/> Buckwheat/<br>kasha— $\frac{1}{2}$ c         | <input type="checkbox"/> Rice: Basmati, black,<br>brown, purple, red,<br>wild— $\frac{1}{3}$ c |
| <input type="checkbox"/> Crackers: Nut, rice,<br>seed—3-4             | <input type="checkbox"/> Teff— $\frac{3}{4}$ c   |
| <input type="checkbox"/> Millet— $\frac{1}{2}$ c                      | <b>All grain servings are for</b>  |
| <input type="checkbox"/> Oats: Rolled, steel-<br>cut— $\frac{1}{2}$ c | <b>cooked amounts.</b>   |

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**

- |   |  |
|---|--|
| <input type="checkbox"/> Black tea                          | <input type="checkbox"/> Herbs and Spices: |
| <input type="checkbox"/> Coffee                             | Curcumin,                                  |
| <input type="checkbox"/> Filtered water                     | marjoram, oregano,                         |
| <input type="checkbox"/> Fresh juiced fruits/<br>vegetables | sage, etc.                                 |
| <input type="checkbox"/> Gingko biloba tea                  | <input type="checkbox"/> Condiments:       |
| <input type="checkbox"/> <b>Green tea</b>                   | Lemon/lime juice,                          |
| <input type="checkbox"/> Sparkling/mineral<br>water         | miso, mustard,                             |
| <input type="checkbox"/> Unsweetened<br>coconut water       | tamari, vinegars,<br>etc.—use sparingly,   |
| <input type="checkbox"/> Yerba mate                         | suggest 1 T or less<br>per serving         |

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