



# ReNew Food Plan

## 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 Protein:

- Egg\*—1
- Fish: Anchovies\*, cod, flounder/sole, herring\*, halibut, salmon, sardines\*, trout, etc.—1 oz
- Meat: Beef, buffalo, elk, lamb, venison, ostrich, etc.—1 oz
- Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.—1 oz
- Mung bean/Edamame pasta\*—½ oz
- Natto\*—1 oz
- Spirulina—2 T
- Tofu (firm/extra firm)\*—1½-2 oz
- Tofu (soft/silken)\*—3 oz
- Tempeh\*—1 oz

### Protein Powder:

- Check label for # grams/scoop (1 protein serving = 7g protein)
- Bovine collagen, egg\*, hemp, pea

### Plant Protein:

- Black soybeans\*—¼ c
  - Edamame\*—¼ c
  - Hemp tofu—1½ 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).

## DAIRY ALTERNATIVES Proteins/Carbs

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

### Unsweetened, organic preferred

- Yogurt: Coconut (plain)\*—4-6 oz
  - Kefir: Coconut (plain)\*—4-6 oz
  - Nut/seed milk: Almond, cashew\*, coconut, flaxseed, hazelnut, hemp—8 oz
- 1 serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

### NO DAIRY ALLOWED

## 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
- Coconut wraps (raw, vegan)—1 wrap
- Flaxseed (ground)—2 T
- Hazelnuts—5
- Hemp seeds—1
- Macadamias—2-3
- Nut and seed butters: Almond, cashew\*, macadamia, pecan, sunflower, tahini, walnut—½ T
- Pecan halves—4
- Pine nuts—1 T
- Pistachios—16
- Pumpkin seeds—1 T
- Sesame seeds—1 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 ⅛ whole
  - Coconut butter (raw)—1 t
  - Coconut milk, regular (BPA-free canned or boxed)—1½ T
  - Ghee/clarified butter (grass-fed)—1 t
  - Oils, cooking: Avocado, coconut, ghee/clarified butter, olive (extra virgin), sesame—1 t
  - Oils, salad: Almond, avocado, flaxseed, hempseed, olive oil (extra virgin), sesame, walnut—1 t
  - Olives:\* Black, green, kalamata—8
  - Pesto (olive oil)—1 t
- 1 serving = 45 calories, 5 g fat

### KEY

\* High Histamine    🌿 Nightshades    🍄 Fermented 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.

**NO LEGUMES (Except those specifically listed) and NO GRAINS (Bread, pasta, cereal, oats, etc.)**

## VEGETABLES Non-starchy

Carbs

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

### Brassicales

(i.e. Cruciferous)

- Arugula
- Broccoli
- Broccoli sprouts
- Brussels sprouts
- Cabbage
- Cauliflower
- Horseradish
- Kohlrabi
- Radishes

### Detoxifying Leafy Greens

- Bok choy
- Chard/Swiss chard
- Chervil
- Cilantro
- Endive
- Escarole
- Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.
- Microgreens
- Parsley
- Radicchio

### Thiols

- Chives
- Daikon radishes
- Garlic
- Leeks
- Onion
- Scallions
- Shallots

### Liver & Kidney Support

- Artichokes
- Asparagus
- Celery
- Sprouts, all

### Other Non-Starchy Vegetables

- Bamboo shoots
- Bean sprouts
- Beets (not canned)
- Carrots
- Cucumbers
- Eggplant\*
- Fennel
- Green beans
- Jicama
- Kimchi\*
- Lettuce, all
- Mushrooms\*
- Okra
- Peppers, all\*
- Salsa\*
- Sauerkraut\*
- Sea vegetables
- Shirataki noodles
- Snap peas/snow peas
- Spinach\*
- Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc.
- Tomato\*
- Turnip
- Watercress

1 serving = 1/2 c, 1 c raw greens = 25 calories, 5 g carbs

### NO STARCHY VEGETABLES (root vegetables)

Organic, non-GMO fruits, vegetables, herbs and spices preferred

## FRUITS

Carbs

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

### Unsweetened, no sugar added

- Blackberries—3/4 c
- Blueberries—3/4 c
- Cherries\*—12
- Cranberries\*—3/4 c
- Kiwi—1 med
- Pomegranate seeds—1/2 c
- Raspberries\*—1 c
- Strawberries\*—1 1/4 c

1 serving = 60 calories, 15 g carbs

### NO OTHER FRUITS ALLOWED

## HERBS & SPICES

- Basil
- Bay leaf
- Black pepper
- Cayenne pepper\*\*
- Chili powder\*\*
- Cilantro
- Cinnamon\*
- Cloves\*
- Cacao powder\* (100% raw)
- Coriander seed
- Cumin
- Curry powder\*\*
- Dill
- Fenugreek
- Garlic powder
- Ginger
- Himalayan salt
- Nutmeg\*
- Onion powder
- Oregano
- Parsley
- Paprika\*\*
- Pumpkin spice
- Red curry paste\*
- Rosemary
- Sage
- Sea salt
- Thyme
- Turmeric
- Vanilla bean (whole)

## BEVERAGES

### Unsweetened, no sugar added

- Broth (organic): Bone, meat, vegetable
- Coconut water kefir\*\*
- Filtered water
- Seltzer water
- Tea: Green, herbal
- Vegetable juice (fresh, raw, cold pressed)

### NO COFFEE, ALCOHOL, CAFFEINE, SODA

## CONDIMENTS

- Coconut aminos\*\*
- Lemon/lime juice (fresh)\*
- Miso\*\*
- Mustard: Dijon, stone ground
- Tamari\*\*
- Vinegars: Apple cider, balsamic, white, etc.

Use sparingly, suggest 1 T or less per serving.

### NO SUGARS, NATURAL SWEETENERS, OR ARTIFICIAL SWEETENERS, INCLUDING (BUT IS NOT LIMITED TO) ASPARTAME, SLENDA, STEVIA, AND SUGAR ALCOHOLS.

### KEY

\* High Histamine \* Nightshades \* Fermented Foods