



Concentrated Protein _____ servings/day

Serving size: 3-4 oz. cooked, or as indicated 1 serving = approximately 150 calories

- Meat, poultry, and fish should be grilled baked, or roasted; fish may also be poached
- Eggs, 2 whole, or 3 egg whites plus 1 whole egg
- Egg substitute, 2/3 cup
- Fish, shellfish, 3oz. fresh or 3/4 cup canned in water
- Poultry: chicken or Cornish hen (breast only), turkey
- Leg of lamb, lean roast
- Beef, very lean(5%orlessfat);buffalo, venison, elk
- Tofu,5-6oz. or 1 cup (fresh), or 2-3oz. cube (baked)
- Tempeh, 3 oz. or 1/2 cup -Seitan, 1/3 cup
- Soy or veggie burger, 4 oz.

Category 1 Vegetables _____ servings/day (minimum of 5 per day)

Serving size: 1/2 cup

Fresh juices made from these are allowed 1 serving = approximately 10-25 calories

- Artichokes, asparagus, bamboo shoots
- Bean sprouts, bell or other peppers

- Broccoli, broccoflower, brussels sprouts
- Cabbage (alltypes), cauliflower, celery
- Chives, cucumber
- Eggplant, garlic, green beans
- Greens - bok choy, escarole, Swiss chard, kale, collards, spinach, dandelion, mustard and beet greens
- Leeks, kohlrabi
- Lettuce/mixed greens - romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory
- Mushrooms, okra, onion, radishes
- Salsa (sugar-free), scallions, sea vegetables (kelp, etc.)
- Snow peas, snap peas, sprouts
- Squash - zucchini, yellow, summer, spaghetti
- Tomatoes or mixed vegetable juice (low sodium)
- Water chestnuts, 5 whole

Category 2 Vegetables _____ servings/day

Serving size: 1/2 cup, or as indicated

- 1 serving = approximately 45 calories
- Beets, winter squash (acorn, butternut)
- Carrots, 1/2 cup cooked or 2 medium raw or 12 baby carrots

- Sweet potatoes or yams, 1/2 medium baked
- Yukon Gold, new or red potato, 1/2 medium

Fruits _____ servings/day

Serving size as indicated

- 1 serving = approximately 80 calories
- Apple, 1 medium -apricots, 3 medium
- Berries - blackberries & blueberries, 1 cup;
raspberries & strawberries, 1 1/2 cups
- Cantaloupe, 1/2 medium -cherries, 15
- Fresh figs, 2
- Grapefruit, 1 whole
- Grapes, 15 -honeydew melon, 1/4 small
- Kiwi, 2 medium
- Mango, 1/2 medium -nectarines, 2 small
- Orange, 1 large -peaches, 2 small
- Pear, 1 small -plums, 2 small
- Persimmon, 1/2
- Tangerines, 2 small -watermelon, 2 cups

Oils _____ servings/day

Serving size: 1 tsp. or as indicated Oils should be cold pressed

1 serving = approximately 40 calories

Plant Oils

- Avocado (fruit), 1/8
- Coconut milk (canned), light, 3 tbsp.

- Coconut milk (canned), regular, 1 1/2 tbsp.

- Flaxseed oil (refrigerate)

- Olives, 8-10 medium

- Olive oil, extra virgin (preferable)

- Sesame oil

Cooking Oils

- Olive oil
- Canola oil (best if organic)
- Coconut oil, 1 tsp -ghee (clarified butter) 1 tsp.
- Grapeseed oil, 1 tsp.
- High oleic safflower oil
- Earth Balance[®] spread, 1 1/2 tsp.

Condiments

- Unsweetened tomato sauce or salsa
- mustard
- mayonnaise (unsweetened, canola or grapeseed oil) 1 tsp
- Fresh or dried herbs - any (e.g. dill, basil, sage, thyme, rosemary, mint, chives, parsley, etc.)
- Fresh or dried spices (any) (e.g. curry, paprika, chili powder, etc.)

Beverages

Up to 8 glasses, 8 oz. each

- Water (ideally filtered)

- Mineral water (still or carbonated)
 - Roiboos tea (unsweetened)
- Non-caffeinated herbal teas (mint, camomille, hibiscus, etc.)
- Ideally no caffeine, however, if you need/want that coffee or black or green tea do it “black” no honey, sugar, milk, etc.

NO SUGAR- MANUFACTURED, PACKAGED OR OTHERWISE

(Includes but not limited to)

- Soda
- Cakes, Cookies, Candy
- Baked Goods
- Ice Cream
- Alcohol
- Maple Syrup
- Honey
- Stevia
- Agave Syrup
- Salad Dressings with Sugar
- Ketchup
- Tomato Sauce with Sugar
- Dried Fruits
- Power Bars/Granola Bars
- Granola

Servings

Focus is vegetables!

Category 1 Vegetables- Unlimited Amount

1600-2000 Calories/daily

Proteins: 5-6 servings

Category 2 Vegetables: 2-3 servings

Oils: 4-6 servings

Fruits: 2 servings

2000-2400 Calories/daily

Protein: 6-7 servings

Category 2 vegetables: 3-4 servings

Oils: 6-7 servings

Fruits: 3 servings