



# Cardiometabolic Food Plan (1400–1800 Calories)

## PROTEINS

*Proteins*

Servings/day: 9–10

**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: 1–2

**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: 1–2

**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: 2–3

**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: 7-8

- Artichoke**
- Arugula
- Asparagus
- Bamboo shoots
- Beets** (cubed)
- Bok choy
- Broccoli
- Broccoli 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— $\frac{3}{4}$  c
- Turnips
- Vegetable juice— $\frac{3}{4}$  c
- Water chestnuts
- Watercress**

1 serving =  $\frac{1}{2}$  c, 1 c raw greens = 25 calories, 5 g carbs**VEGETABLES** Starchy**Carbs**

Servings/day: 1

- Acorn squash
  - Butternut squash (cubed)—1 c
  - Plantain— $\frac{1}{3}$  c or  $\frac{1}{2}$  whole
  - Potato: Purple, red, sweet, yellow— $\frac{1}{2}$  med
  - Potatoes (mashed)— $\frac{1}{2}$  c
  - Root vegetables: Parsnip, rutabaga— $\frac{1}{2}$  c
  - Yam— $\frac{1}{2}$  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**

- Apple—1 sm
- Applesauce— $\frac{1}{2}$  c
- Apricots—4
- Banana— $\frac{1}{2}$  med
- Blackberries— $\frac{3}{4}$  c
- Blueberries**— $\frac{3}{4}$  c
- Cherries—12
- Grapefruit— $\frac{1}{2}$
- Grapes—15
- Kiwi—1 med
- Mango— $\frac{1}{2}$  sm
- Melon, all—1 c
- Nectarine—1 sm
- Orange—1 sm
- Papaya—1 c
- Peach—1
- Pear—1 sm
- Persimmon— $\frac{1}{2}$
- Pineapple— $\frac{3}{4}$  c
- Plums—2 sm
- Pomegranate seeds**— $\frac{1}{2}$  c
- Raspberries—1 c
- Strawberries—1 $\frac{1}{4}$  c
- Tangerines—2 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: 1-2

**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**

- 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

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

