Core Food Plan

**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:**
- Cheese (hard)–½ oz
- Cheese (low-fat)–1 oz
- Cottage cheese (low-fat)–½ c
- Feta cheese (low-fat)–1 oz
- Parmesan cheese–2 T
- Ricotta cheese (low-fat)–½ c
- Egg–1, or 2 egg whites
- Fish/Shelffish–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:**
- Mung bean
- Edamame pasta–1 oz
- Natto–1 oz
- Nutritional yeast–2 T
- Spirulina–2 T
- Tempeh–1 oz
- Tofu (firm-extra firm)–1½-2 oz
- Tofu (soft/silken)–3 oz

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

**LEGUMES**

Servings/day______

Organic, non-GMO preferred

- Bean soups–½ c
- Black soybeans (cooked)–½ c
- Dried beans, lentils, peas (cooked)–½ c
- Edamame (cooked)–½ c
- Flour, legume–½ c
- Green peas (cooked)–½ c
- Hummus or other bean dips–½ c

**FATS & OILS**

Servings/day______

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

**Fats**
- Avocado–2 T or ¼ whole
- Butter–1 t, 2 t whipped
- Chocolate, dark (70% or higher cocoa)–1 oz
- Coconut milk, regular (canned)–1 T
- Olives: Black, green, kalamata–8
- Pesto (olive oil)–1 T
- Salad dressing made with quality oils–1 T

**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, safflower (high-oleic), sesame, sunflower (high-oleic), walnut–1 T

**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.

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### VEGETABLES Non-starchy Carbs

<table>
<thead>
<tr>
<th>Servings/day</th>
<th>Horseradish</th>
<th>Jicama</th>
<th>Kohlrabi</th>
<th>Leeks</th>
<th>Lettuce, all</th>
<th>Microgreens</th>
<th>Mushrooms</th>
<th>Okra</th>
<th>Onions</th>
<th>Parsley</th>
<th>Peppers, all</th>
<th>Radicchio</th>
<th>Salsa</th>
<th>Scallions</th>
<th>Sea vegetables</th>
<th>Shallots</th>
<th>Snap peas/snow peas</th>
<th>Spinach</th>
<th>Sprouts, all</th>
<th>Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc.</th>
<th>Tomato</th>
<th>Tomato juice—½ c</th>
<th>Turnips</th>
<th>Vegetable juice—½ c</th>
<th>Water chestnuts</th>
<th>Watercress</th>
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</thead>
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### VEGETABLES Starchy Carbs

<table>
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<tr>
<th>Servings/day</th>
<th>Acornt squash (cubed)—1 c</th>
<th>Butternut squash (cubed)—1 c</th>
<th>Plantain—½ c or ½ whole</th>
<th>Potato: Purple, red, sweet, yellow—½ med</th>
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1 serving = 80 calories, 15 g carbs

### WHOLE GRAINS (100%) Carbs

<table>
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<tr>
<th>Servings/day</th>
<th>Amaranth—½ c</th>
<th>Buckwheat/kasha—½ c</th>
<th>Grits: Corn, soy—½ c</th>
<th>Millet—½ c</th>
<th>Oats: Rolled, steel-cut—½ c</th>
<th>Quinoa—½ c</th>
<th>Rice: Basmati, black, brown, purple, red, wild—½ c</th>
<th>Sorghum—½ c</th>
<th>Tef—¼ c</th>
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</table>

All grain servings are for cooked amounts.

1 serving = 75–110 calories, 15 g carbs

### BEVERAGES, SPICES & CONDIMENTS

<table>
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<th>Unsweetened, no sugar added</th>
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- Filtered water
- Sparkling/mineral water
- Fresh juiced fruits/vegetables
- Coconut water
- Coffee
- Tea: Black, green, herbal, etc.

- Herbs and Spices, all
- Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.—use sparingly, suggest 1 T or less per serving

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

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