



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

Plant Protein:

- Black soybeans* -1/4 c
- Edamame* -1/4 c
- Hemp tofu -1 1/2 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).

- Mung bean/Edamame pasta* - 1/2 oz
- Natto* -1 oz
- Spirulina -2 T
- Tofu (firm/extra firm)* -1 1/2-2 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

DAIRY ALTERNATIVES

Proteins/Carbs

Servings/day _____

Unsweetened, organic preferred

- Yogurt: Coconut (plain)* -4-6 oz
- Kefir: Coconut (plain)* -4-6 oz
- 1 serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

- Nut/seed milk: Almond, cashew*, coconut, flaxseed, hazelnut, hemp -8 oz

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 -1/2 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 1/8 whole
- Coconut butter (raw) -1 t
- Coconut milk, regular (BPA-free canned or boxed) -1 1/2 T
- Ghee/clarified butter (grass-fed) -1 t
- Oils, cooking: Avocado, coconut, ghee/clarified butter, olive (extra virgin), sesame -1 t
- 1 serving = 45 calories, 5 g fat
- Oils, salad: Almond, avocado, flaxseed, hempseed, olive oil (extra virgin), sesame, walnut -1 t
- Olives*: Black, green, kalamata -8
- Pesto (olive oil) -1 t

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.

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