

# Mito Food Plan – Metric

## Proteins

Proteins

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

Free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

### Animal Proteins:

Cheese (hard)–15 g  
Cheese (soft)–30 g  
Cottage cheese–55 g  
Parmesan cheese–2 T  
Ricotta cheese–60 g  
Egg–1; or 2 egg whites  
Fish, Omega-3 rich: Alaskan salmon\*, cod\*, halibut, herring, Atlantic mackerel\*, sardines\*, shrimp, tuna, etc.–30 g  
Meat: Beef, buffalo, elk, lamb, venison, other wild game–30 g  
Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.–30 g

### Plant Protein:

Spirulina–2 T  
Tempeh–30 g  
Tofu (firm/extra firm)–40-60 g  
Tofu (soft/silken)–85 g

### Protein Powder:

Check label for # grams per scoop–1 protein serving = 7 g  
Egg, hemp, pea, rice, soy, whey protein

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs

Average protein serving is 85-113 g (size of palm of hand).

## Legumes#

Proteins/Carbs

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

Organic, non-GMO preferred

Bean soups–185 g  
Black soybeans (cooked)–86 g  
Dried beans, lentils, peas (cooked)–40 g  
Edamame (cooked)–77 g  
Flour, legume–25 g  
Green peas (cooked)–80 g  
Hummus or other bean dips–82 g  
Refried beans, vegetarian–90 g

1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

## Dairy & Alternatives

Proteins/Carbs

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

Unsweetened, organic preferred

### Dairy:

Buttermilk#: 225 g  
Milk: Cow, goat–225 g  
Kefir (plain)##: 175-225 g  
Yogurt: Greek (plain)##: 175 g

### Dairy Alternatives:

Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, soy–225 g  
Yogurt or kefir\*: Coconut, soy (cultured)#–175 g

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)

## 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  
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, 5 g fat

## Fats & Oils

Fats

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

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

Avocado\*–2 T or ½ whole  
Butter–1 t, 2 t whipped  
Chocolate, dark (70% or higher cocoa)#–30 g  
Coconut milk, regular (canned)–1½ T  
Coconut milk, light (canned)–3 T  
Mayonnaise (unsweetened)–1 t  
Oils, cooking: Avocado\*, coconut, ghee/clarified butter, grapeseed, grass fed butter, MCT\*, olive (extra virgin)\*, rice bran, sesame–1 t  
Oils, salad: Almond, avocado\*, flaxseed\*, grapeseed, hempseed, MCT\*, olive (extra virgin)\*, pumpkin, rice bran, safflower (high-oleic), sesame, sunflower (high-oleic) walnut–1 t  
Olives\*: Black, green, kalamata–8  
Pesto (olive oil)–1 T  
Salad dressing made with the above oils–1 T

1 serving = 45 calories, 4 g fat

\*Items with asterisks and highlighted in teal indicate preferred therapeutic foods. Categories and items marked with # should be limited or avoided when following a more ketogenic version of the food plan.

Notes: Nutritional amounts are based on average values for the variety of foods within each food category. This food plan should be followed under the supervision of a qualified healthcare professional.

## Vegetables Non-starchy

Carbs

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

Organic, non-GMO preferred

|                                   |                                      |
|-----------------------------------|--------------------------------------|
| Artichoke                         | Kohlrabi*                            |
| Arugula*                          | Leeks*                               |
| Asparagus*                        | Lettuce, all                         |
| Bamboo shoots                     | Microgreens*                         |
| Beets (cubed)                     | Mushrooms                            |
| Bok choy*                         | Okra*                                |
| Broccoflower*                     | Onions*                              |
| Broccoli*                         | Parsley                              |
| Brussels sprouts*                 | Peppers, all                         |
| Cabbage*                          | Radishes*                            |
| Carrots                           | Salsa                                |
| Cauliflower*                      | Scallions*                           |
| Celeriac root                     | Sea vegetables*                      |
| Celery                            | Shallots*                            |
| Chard/Swiss chard*                | Snap peas/snow peas                  |
| Chives*                           | Spinach*                             |
| Cilantro                          | Sprouts*, all                        |
| Cucumbers                         | Squash: Delicata, pumpkin,           |
| Daikon radish*                    | spaghetti, yellow, zucchini, etc.    |
| Eggplant                          | Tomato                               |
| Endive                            | Tomato juice—185 ml                  |
| Fennel                            | Turnips                              |
| Fermented vegetables*:            | Vegetable juice—185 ml               |
| Kimchi, pickles, sauerkraut, etc. | Water chestnuts                      |
| Garlic*                           | Watercress*                          |
| Green beans                       |                                      |
| Greens*: Beet, collard, chicory,  | 1 serving = 64 g, 130 g raw greens = |
| dandelion, escarole, kale,        | 25 calories, 5 g carbs               |
| mustard, purslane, radicchio,     |                                      |
| turnip, etc.*                     |                                      |
| Horseradish                       |                                      |
| Jicama                            |                                      |

## Vegetables Starchy#

Carbs

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

Organic, non-GMO preferred

|                                |                           |
|--------------------------------|---------------------------|
| Acorn squash (cubed)—140 g     | Potatoes (mashed)—100 g   |
| Butternut squash (cubed)—140 g | Root vegetables: Parsnip, |
| Plantain—50 g or ½ whole       | rutabaga—75 g             |
| Potato: Purple, red, sweet,    | Yam—½ med                 |
| yellow—½ med                   |                           |

1 serving = 80 calories, 15 g carbs

Low Glycemic Impact Recommendations: Limit to 1 serving per day

## Fruits#

Carbs

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

Organic, non-GMO preferred; unsweetened, no sugar added

|                     |                         |
|---------------------|-------------------------|
| Apple*—1 sm         | Nectarine—1 sm          |
| Applesauce—127 g    | Orange—1 sm             |
| Apricots—4          | Papaya—140 g            |
| Banana—½ med        | Peach—1                 |
| Blackberries*—110 g | Pear—1 sm               |
| Blueberries*—110 g  | Persimmon—½             |
| Cherries*—12        | Pineapple—120 g         |
| Dates or figs—3     | Plums—2 sm              |
| Dried fruit—2 T     | Pomegranate seeds*—85 g |
| Grapefruit—½ med    | Prunes—3 med            |
| Grapes*—15          | Raspberries*—120 g      |
| Kiwi—1 med          | Strawberries*—190 g     |
| Mango*—½ sm         | Tangerines—2 sm         |
| Melon, all—175 g    |                         |

1 serving = 60 calories, 15 g carbs

Low Glycemic Impact Recommendations: Limit to 1-2 servings per day; limit dried fruit and fruit juices

## Whole Grains#

Carbs

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

### Gluten-Free:

|                                 |
|---------------------------------|
| Amaranth—82 g                   |
| Buckwheat/kasha—84 g            |
| Millet—87 g                     |
| Oats (rolled, steel-cut)—115 g  |
| Quinoa—90 g                     |
| Rice: Basmati, brown, wild—65 g |
| Teff—189 g                      |

1 serving = 75-110 calories, 15 g carbs

Low Glycemic Impact Recommendations: Limit to 1-2 servings per day

### Gluten-Containing:

|             |
|-------------|
| Bulgur—50 g |
| Spelt—30 g  |

## Beverages, Spices & Condiments

Unsweetened, no sugar added

|                                |                               |
|--------------------------------|-------------------------------|
| Black tea                      | Herbs and Spices: Curcumin,   |
| Coffee                         | marjoram, oregano, sage, etc. |
| Filtered water                 | Condiments: Lemon/lime        |
| Fresh juiced fruits/vegetables | juice, miso, mustard, tamari, |
| Gingko biloba tea              | vinegars, etc.—use sparingly, |
| Green tea*                     | suggest 1 T or less per       |
| Sparkling/mineral water        | serving                       |
| Unsweetened coconut water      |                               |
| Yerba mate                     |                               |

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