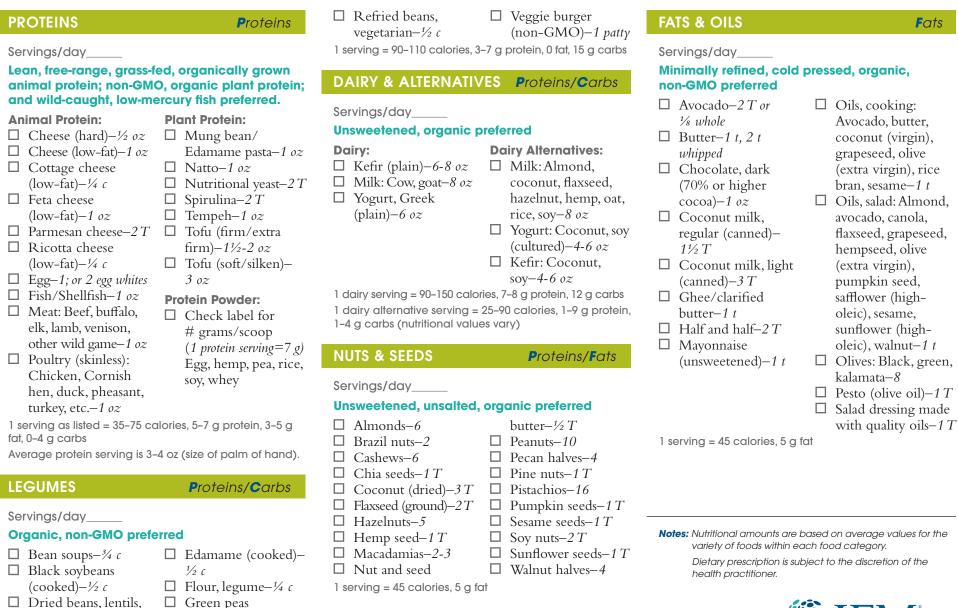


Core Food Plan



peas (cooked) $-\frac{1}{2}c$

(cooked)-½ c

☐ Hummus or other bean dips-⅓ c

VEGETABLES Non-star	rchy C arbs	VEGETABLES Starchy	C arbs	WHOLE GRAINS (100	%) c arbs
Servings/day Artichoke Arugula Asparagus Bamboo shoots Beets (cubed) Bok choy Broccoflower Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celeriac root Celery Chard/Swiss chard Chervil Chives Cilantro Cucumbers	Lettuce, all Microgreens Mushrooms Okra Onions Parsley Peppers, all Radischio Radishes Salsa Scallions Sea vegetables Shallots Snap peas/snow peas Spinach Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc. Tomato Tomato juice—¾ c Water chestnuts Watercress Collard, lle,	Servings/day Acorn squash (cubed)-1 c Butternut squash (cubed)-1 c Plantain- ½ c or ½ whole Potato: Purple, red, sweet, yellow-½ med 1 serving = 80 calories, 15 g FRUITS Servings/day Unsweetened, no sugar Apple-1 sm Applesauce-½ c Apricots-4 Banana-½ med Blackberries-¾ c	C arbs	Servings/day Unsweetened, sprouted Gluten Free: □ Amaranth-½ c □ Buckwheat/ kasha-½ c □ Grits: Corn, soy-½ c □ Millet-½ c □ Oats: Rolled, steel- cut-½ c □ Quinoa-½ c □ Quinoa-½ c □ Rice: Basmati, black, brown, purple, red, wild-⅓ c □ Sorghum-⅓ c □ Teff-¾ c All grain servings are for cooked amounts.	Gluten Containing: □ Barley-½ c □ Bulgur-½ c □ Cereal, whole wheat-½ c □ Couscous-⅓ c □ Crackers, rye-4-7 □ Kamut-½ c □ Spelt-⅓ c k, Individual portions: □ Bread-1 slice □ Granola (homemade)-3 T □ Muesli-½ c □ Pasta-⅓ c □ Pita-½ □ Tortilla-1, 6 in
□ Daikon radishes□ Eggplant□ Endive□ Escarole		☐ Blueberries-¾ c ☐ Cherries-12 ☐ Cranberries-¾ c	□ Pear−1 sm □ Persimmon−½ □ Pineapple−¾ c □ Plums−2 sm □ Pomegranate seeds−½ c □ Prunes−3 med □ Raisins−2 T □ Raspberries−1 c □ Strawberries−1¼ c □ Tangerines−2 sm	1 serving = 75-110 calories, BEVERAGES, SPICES	& CONDIMENTS
☐ Fennel ☐ Fermented vegetables: Kimchi, pickles, sauerkraut, etc. ☐ Garlic ☐ Green beans ☐ Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.		☐ Dates or figs—3 ☐ Dried fruit—2 T ☐ Grapefruit—½ ☐ Grapes—15 ☐ Goji berries (dried)—2 T ☐ Kiwi—1 med ☐ Mango—½ sm 1 serving = 60 calories, 15 g		Unsweetened, no sugar ☐ 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

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

