



Calories/Day: 1300-1350

Wake Up

1st meal should be within 1 hour from wake up after 7-8 hrs sleep

Breakfast

2 poached eggs
1 1/2 cup watermelon
1 slice whole grain bread w/
1tsp butter

Snack

12 Almonds

Lunch

Chicken salad with celery,
peppers, and onions
2 tsp mayo
Over salad greens

Snack

Low fat plain yogurt with
cinnamon and
Strawberries

Dinner

Baked haddock over rice,
topped with salsa and a side of
carrots (1tsp buter)

Snack

Veggie sticks dipped in
hummus

3 Protein

Calories/Serving: ~150

Eggs: 2 whole or 3 egg whites
plus 1 whole
Fish, shellfish: 3 oz or 3/4 cup
canned in water
Poultry, Chicken or turkey
breast: 3 oz
Lamb, lean roasted: 3oz
Grass fed lean beef: 3 oz

Vegetarian Options::

Tofu: 8 oz fresh, or 3.5 oz cube
(baked)
Tempeh: 3 oz (1/2 c)
Veggie burger: 4 oz
Cottage Cheese (lowfat): 3/4 c
Ricotta (part skim): 1/2 c
Mozzarella (part skim): 2 oz

4+ Low Glycemic Veggies

Calories/Serving: ~20

(1/2 cup serving size)
*Unlimited Servings Allowed

Lettuce, leafy greens (spinach),
other mixed greens, chives,
Broccoli, Cabbage, Cauliflower,
Celery, peppers, cucumber,
Green beans, zucchini,
summer squash, onions,
Artichoke, Asparagus, garlic,
Mushrooms, Okra, Radishes,
Sugar free Salsa, tomatoes,
snow peas, kelp and other sea
vegetables, Bean sprouts,
Bamboo shoots, snow peas,
water chestnuts (5 whole)
Fresh Vegetable Juices

2 Fruit

Calories/Serving: ~80

Apple: 1 med,
Banana: 1/2
Avocado: 1/4
Apricots: 3 med
Blueberries, Blackberries: 1 c
Raspberries, strawberries: 1/2 c
Cherries: ~16
Cantaloupe: 1/2 med
Honey Dew Melon: 1/4 small
Grapefruit: 1 whole
Grapes: ~16
Orange: 1 large
Tangerine: 2 small
Peaches: 1 large
Nectarines: 1 large
Pear: 1 med
Plum: 2 small
Olives: ~10 med
Watermelon: 1 1/2 c

1 Legumes

Calories/Serving: ~110

Beans; kidney, pinto, black,
navy, mung, garbanzo, lima,
cannellini, fat-free refried,
green soy beans: 1/2 c

Hummus: 1/4 c
Lentils: 1/2 c
Green peas: 1/2 c
Bean or pea soups: 3/4 c

1 High Glycemic Veggies

Calories/Serving: ~45

Red potato with skins: 2 small
or 1 med
Sweet potato or yams: 1/2 med
Carrots: 1/2 c cooked, 12 baby
raw, or 2 med
Winter Squash: 1/2 c
Beets: 1/2 c
Corn: 1/4 c or 1/2 of 6" ear

2 Grains

Calories/Serving: ~90

Breads: 100% whole grain:
1 slice
Rice or pasta, whole grain:
1/2 c
Whole wheat tortilla or pita: 1/2
Whole oats: 3/4 cup cooked
Bulgar, Barley, Basmati,
Amaranth, Quinoa, etc: 1/2 c

1 Nuts/Seeds

Calories/Serving: ~100

Almonds: ~ 12 nuts
Walnuts: ~8 nuts
Peanuts: ~ 2 tbsp
Pistachio, pumpkin, sunflower,
sesame seeds: 2 tbsp
Natural nut/seed butters: 1 tbsp

1 Dairy

Calories/Serving: ~80

Lowfat yogurt, plain 4oz
Butter milk: ~6 oz
Nonfat, 1% or 2% milk: 6oz

Alternatives: ~6 oz
Almond or Hazelnut milk
Coconut milk

4 Oils/Fats

Calories/Serving: ~40

*cold pressed oils
Extra Virgin Olive oil: 1 tsp
Canola oil (for cooking): 1 tsp
Regular Mayonnaise: 1tsp
Flaxseed or Sesame oils: 1 tsp
(keep refrigerated)
Natural Raw Butter: 1 tsp

Comments/Tips

Meal Replacements may be used to meet additional nutrient needs but not recommended over raw foods due to low fiber and phytonutrient content (typically 150 calories/serving with 23g whey protein). Remember to check portions and eat wholesome organic/low toxin foods most of the time. Do not go longer than 4 hours without nourishing your body. Do not skip categories or decrease calories for this will hinder metabolism, healing and energy. Calorie levels may need to be adjusted if activity levels change.



Calories/Day: 1400-1450

Wake Up

1st meal should be within 1 hour from wake up after 7-8 hrs sleep

Breakfast

2 poached eggs
1 1/2 cup watermelon
1 slice whole grain bread w/
1tsp butter

Snack

24 Almonds

Lunch

Chicken salad with celery,
peppers, and onions
2 tsp mayo
Over salad greens

Snack

Low fat plain yogurt with
cinnamon and
Strawberries

Dinner

Baked haddock over rice,
topped with salsa and a side of
carrots (1tsp buter)

Snack

Veggie sticks dipped in
hummus

3 Protein

Calories/Serving: ~150

Eggs: 2 whole or 3 egg whites
plus 1 whole
Fish, shellfish: 3 oz or 3/4 cup
canned in water
Poultry, Chicken or turkey
breast: 3 oz
Lamb, lean roasted: 3oz
Grass fed lean beef: 3 oz

Vegetarian Options::

Tofu: 8 oz fresh, or 3.5 oz cube
(baked)
Tempeh: 3 oz (1/2 c)
Veggie burger: 4 oz
Cottage Cheese (lowfat): 3/4 c
Ricotta (part skim): 1/2 c
Mozzarella (part skim): 2 oz

4+ Low Glycemic Veggies

Calories/Serving: ~20

(1/2 cup serving size)
*Unlimited Servings Allowed

Lettuce, leafy greens (spinach),
other mixed greens, chives,
Broccoli, Cabbage, Cauliflower,
Celery, peppers, cucumber,
Green beans, zucchini,
summer squash, onions,
Artichoke, Asparagus, garlic,
Mushrooms, Okra, Radishes,
Sugar free Salsa, tomatoes,
snow peas, kelp and other sea
vegetables, Bean sprouts,
Bamboo shoots, snow peas,
water chestnuts (5 whole)
Fresh Vegetable Juices

2 Fruit

Calories/Serving: ~80

Apple: 1 med,
Banana: 1/2
Avocado: 1/4
Apricots: 3 med
Blueberries, Blackberries: 1 c
Raspberries, strawberries: 1/2 c
Cherries: ~16
Cantaloupe: 1/2 med
Honey Dew Melon: 1/4 small
Grapefruit: 1 whole
Grapes: ~16
Orange: 1 large
Tangerine: 2 small
Peaches: 1 large
Nectarines: 1 large
Pear: 1 med
Plum: 2 small
Olives: ~10 med
Watermelon: 1 1/2 c

1 Legumes

Calories/Serving: ~110

Beans; kidney, pinto, black,
navy, mung, garbanzo, lima,
cannellini, fat-free refried,
green soy beans: 1/2 c

Hummus: 1/4 c
Lentils: 1/2 c
Green peas: 1/2 c
Bean or pea soups: 3/4 c

1 High Glycemic Veggies

Calories/Serving: ~45

Red potato with skins: 2 small
or 1 med
Sweet potato or yams: 1/2 med
Carrots: 1/2 c cooked, 12 baby
raw, or 2 med
Winter Squash: 1/2 c
Beets: 1/2 c
Corn: 1/4 c or 1/2 of 6" ear

2 Grains

Calories/Serving: ~90

Breads: 100% whole grain:
1 slice
Rice or pasta, whole grain:
1/2 c
Whole wheat tortilla or pita: 1/2
Whole oats: 3/4 cup cooked
Bulgar, Barley, Basmati,
Amaranth, Quinoa, etc: 1/2 c

2 Nuts/Seeds

Calories/Serving: ~100

Almonds: ~ 12 nuts
Walnuts: ~8 nuts
Peanuts: ~ 2 tbsp
Pistachio, pumpkin, sunflower,
sesame seeds: 2 tbsp
Natural nut/seed butters: 1 tbsp

1 Dairy

Calories/Serving: ~80

Lowfat yogurt, plain 4oz
Butter milk: ~6 oz
Nonfat, 1% or 2% milk: 6oz

Alternatives: ~6 oz
Almond or Hazelnut milk
Coconut milk

4 Oils/Fats

Calories/Serving: ~40

*cold pressed oils
Extra Virgin Olive oil: 1 tsp
Canola oil (for cooking): 1 tsp
Regular Mayonnaise: 1tsp
Flaxseed or Sesame oils: 1 tsp
(keep refrigerated)
Natural Raw Butter: 1 tsp

Comments/Tips

Meal Replacements may be used to meet additional nutrient needs but not recommended over raw foods due to low fiber and phytonutrient content (typically 150 calories/serving with 23g whey protein). Remember to check portions and eat wholesome organic/low toxin foods most of the time. Do not go longer than 4 hours without nourishing your body. Do not skip categories or decrease calories for this will hinder metabolism, healing and energy. Calorie levels may need to be adjusted if activity levels change.



Calories/Day: 1500-1550

Wake Up

1st meal should be within 1 hour from wake up after 7-8 hrs sleep

Breakfast

2 poached eggs
1 1/2 cup watermelon
1 slice whole grain bread w/
1tsp butter

Snack

24 Almonds

Lunch

Chicken salad with celery,
peppers, and onions
2 tsp mayo
Over salad greens

Snack

Low fat plain yogurt with
cinnamon and
Strawberries

Dinner

Baked haddock over rice,
topped with salsa and a side of
carrots (1tsp buter)
and green peas

Snack

Veggie sticks dipped in
hummus

3 Protein

Calories/Serving: ~150

Eggs: 2 whole or 3 egg whites
plus 1 whole
Fish, shellfish: 3 oz or 3/4 cup
canned in water
Poultry, Chicken or turkey
breast: 3 oz
Lamb, lean roasted: 3oz
Grass fed lean beef: 3 oz

Vegetarian Options::

Tofu: 8 oz fresh, or 3.5 oz cube
(baked)
Tempeh: 3 oz (1/2 c)
Veggie burger: 4 oz
Cottage Cheese (lowfat): 3/4 c
Ricotta (part skim): 1/2 c
Mozzarella (part skim): 2 oz

4+ Low Glycemic Veggies

Calories/Serving: ~20

(1/2 cup serving size)
*Unlimited Servings Allowed

Lettuce, leafy greens (spinach),
other mixed greens, chives,
Broccoli, Cabbage, Cauliflower,
Celery, peppers, cucumber,
Green beans, zucchini,
summer squash, onions,
Artichoke, Asparagus, garlic,
Mushrooms, Okra, Radishes,
Sugar free Salsa, tomatoes,
snow peas, kelp and other sea
vegetables, Bean sprouts,
Bamboo shoots, snow peas,
water chestnuts (5 whole)
Fresh Vegetable Juices

2 Fruit

Calories/Serving: ~80

Apple: 1 med,
Banana: 1/2
Avocado: 1/4
Apricots: 3 med
Blueberries, Blackberries: 1 c
Raspberries, strawberries: 1/2 c
Cherries: ~16
Cantaloupe: 1/2 med
Honey Dew Melon: 1/4 small
Grapefruit: 1 whole
Grapes: ~16
Orange: 1 large
Tangerine: 2 small
Peaches: 1 large
Nectarines: 1 large
Pear: 1 med
Plum: 2 small
Olives: ~10 med
Watermelon: 1 1/2 c

2 Legumes

Calories/Serving: ~110

Beans; kidney, pinto, black,
navy, mung, garbanzo, lima,
cannellini, fat-free refried,
green soy beans: 1/2 c

Hummus: 1/4 c
Lentils: 1/2 c
Green peas: 1/2 c
Bean or pea soups: 3/4 c

1 High Glycemic Veggies

Calories/Serving: ~45

Red potato with skins: 2 small
or 1 med
Sweet potato or yams: 1/2 med
Carrots: 1/2 c cooked, 12 baby
raw, or 2 med
Winter Squash: 1/2 c
Beets: 1/2 c
Corn: 1/4 c or 1/2 of 6" ear

2 Grains

Calories/Serving: ~90

Breads: 100% whole grain:
1 slice
Rice or pasta, whole grain:
1/2 c
Whole wheat tortilla or pita: 1/2
Whole oats: 3/4 cup cooked
Bulgar, Barley, Basmati,
Amaranth, Quinoa, etc: 1/2 c

2 Nuts/Seeds

Calories/Serving: ~100

Almonds: ~ 12 nuts
Walnuts: ~8 nuts
Peanuts: ~ 2 tbsp
Pistachio, pumpkin, sunflower,
sesame seeds: 2 tbsp
Natural nut/seed butters: 1 tbsp

1 Dairy

Calories/Serving: ~80

Lowfat yogurt, plain 4oz
Butter milk: ~6 oz
Nonfat, 1% or 2% milk: 6oz

Alternatives: ~6 oz
Almond or Hazelnut milk
Coconut milk

4 Oils/Fats

Calories/Serving: ~40

*cold pressed oils
Extra Virgin Olive oil: 1 tsp
Canola oil (for cooking): 1 tsp
Regular Mayonnaise: 1tsp
Flaxseed or Sesame oils: 1 tsp
(keep refrigerated)
Natural Raw Butter: 1 tsp

Comments/Tips

Meal Replacements may be used to meet additional nutrient needs but not recommended over raw foods due to low fiber and phytonutrient content (typically 150 calories/serving with 23g whey protein). Remember to check portions and eat wholesome organic/low toxin foods most of the time. Do not go longer than 4 hours without nourishing your body. Do not skip categories or decrease calories for this will hinder metabolism, healing and energy. Calorie levels may need to be adjusted if activity levels change.



Calories/Day: 1600-1650

Wake Up

1st meal should be within 1 hour from wake up after 7-8 hrs sleep

Breakfast

2 poached eggs
1 1/2 cup watermelon
1 slice whole grain bread w/
2tsp butter

Snack

24 Almonds

Lunch

Chicken salad with celery,
peppers, and onions
1 Tbsp mayo (3 fats)
Over salad greens

Snack

Low fat plain yogurt with
cinnamon and
Strawberries

Dinner

Baked haddock over rice,
topped with salsa and a side of
carrots and green peas
1tsp buter

Snack

Veggie sticks dipped in
hummus

3 Protein

Calories/Serving: ~150

Eggs: 2 whole or 3 egg whites
plus 1 whole
Fish, shellfish: 3 oz or 3/4 cup
canned in water
Poultry, Chicken or turkey
breast: 3 oz
Lamb, lean roasted: 3oz
Grass fed lean beef: 3 oz

Vegetarian Options::

Tofu: 8 oz fresh, or 3.5 oz cube
(baked)
Tempeh: 3 oz (1/2 c)
Veggie burger: 4 oz
Cottage Cheese (lowfat): 3/4 c
Ricotta (part skim): 1/2 c
Mozzarella (part skim): 2 oz

4+ Low Glycemic Veggies

Calories/Serving: ~20

(1/2 cup serving size)
*Unlimited Servings Allowed

Lettuce, leafy greens (spinach),
other mixed greens, chives,
Broccoli, Cabbage, Cauliflower,
Celery, peppers, cucumber,
Green beans, zucchini,
summer squash, onions,
Artichoke, Asparagus, garlic,
Mushrooms, Okra, Radishes,
Sugar free Salsa, tomatoes,
snow peas, kelp and other sea
vegetables, Bean sprouts,
Bamboo shoots, snow peas,
water chestnuts (5 whole)
Fresh Vegetable Juices

2 Fruit

Calories/Serving: ~80

Apple: 1 med,
Banana: 1/2
Avocado: 1/4
Apricots: 3 med
Blueberries, Blackberries: 1 c
Raspberries, strawberries: 1/2 c
Cherries: ~16
Cantaloupe: 1/2 med
Honey Dew Melon: 1/4 small
Grapefruit: 1 whole
Grapes: ~16
Orange: 1 large
Tangerine: 2 small
Peaches: 1 large
Nectarines: 1 large
Pear: 1 med
Plum: 2 small
Olives: ~10 med
Watermelon: 1 1/2 c

2 Legumes

Calories/Serving: ~110

Beans; kidney, pinto, black,
navy, mung, garbanzo, lima,
cannellini, fat-free refried,
green soy beans: 1/2 c

Hummus: 1/4 c
Lentils: 1/2 c
Green peas: 1/2 c
Bean or pea soups: 3/4 c

1 High Glycemic Veggies

Calories/Serving: ~45

Red potato with skins: 2 small
or 1 med
Sweet potato or yams: 1/2 med
Carrots: 1/2 c cooked, 12 baby
raw, or 2 med
Winter Squash: 1/2 c
Beets: 1/2 c
Corn: 1/4 c or 1/2 of 6" ear

2 Grains

Calories/Serving: ~90

Breads: 100% whole grain:
1 slice
Rice or pasta, whole grain:
1/2 c
Whole wheat tortilla or pita: 1/2
Whole oats: 3/4 cup cooked
Bulgar, Barley, Basmati,
Amaranth, Quinoa, etc: 1/2 c

2 Nuts/Seeds

Calories/Serving: ~100

Almonds: ~ 12 nuts
Walnuts: ~8 nuts
Peanuts: ~ 2 tbsp
Pistachio, pumpkin, sunflower,
sesame seeds: 2 tbsp
Natural nut/seed butters: 1 tbsp

1 Dairy

Calories/Serving: ~80

Lowfat yogurt, plain 4oz
Butter milk: ~6 oz
Nonfat, 1% or 2% milk: 6oz

Alternatives: ~6 oz
Almond or Hazelnut milk
Coconut milk

6 Oils/Fats

Calories/Serving: ~40

*cold pressed oils
Extra Virgin Olive oil: 1 tsp
Canola oil (for cooking): 1 tsp
Regular Mayonnaise: 1tsp
Flaxseed or Sesame oils: 1 tsp
(keep refrigerated)
Natural Raw Butter: 1 tsp

Comments/Tips

Meal Replacements may be used to meet additional nutrient needs but not recommended over raw foods due to low fiber and phytonutrient content (typically 150 calories/serving with 23g whey protein). Remember to check portions and eat wholesome organic/low toxin foods most of the time. Do not go longer than 4 hours without nourishing your body. Do not skip categories or decrease calories for this will hinder metabolism, healing and energy. Calorie levels may need to be adjusted if activity levels change.



Calories/Day: 1700-1750

Wake Up

1st meal should be within 1 hour from wake up after 7-8 hrs sleep

Breakfast

1 cup plain yogurt with cinnamon
3/4 cup cooked oats
1 orange

Snack

24 Almonds

Lunch

Chicken salad with celery, peppers, and onions
1 Tbsp mayo (3 fats)
Over salad greens
Fruit salad

Snack

Cottage Cheese
Pineapple (fruit)

Dinner

Baked haddock over rice
carrots
green peas
1 tbsp butter (3 fats)

Snack

Veggie sticks dipped in hummus

3 Protein

Calories/Serving: ~150

Eggs: 2 whole or 3 egg whites plus 1 whole
Fish, shellfish: 3 oz or 3/4 cup canned in water
Poultry, Chicken or turkey breast: 3 oz
Lamb, lean roasted: 3oz
Grass fed lean beef: 3 oz

Vegetarian Options::

Tofu: 8 oz fresh, or 3.5 oz cube (baked)
Tempeh: 3 oz (1/2 c)
Veggie burger: 4 oz
Cottage Cheese (lowfat): 3/4 c
Ricotta (part skim): 1/2 c
Mozzarella (part skim): 2 oz

4+ Low Glycemic Veggies

Calories/Serving: ~20

(1/2 cup serving size)
*Unlimited Servings Allowed

Lettuce, leafy greens (spinach), other mixed greens, chives, Broccoli, Cabbage, Cauliflower, Celery, peppers, cucumber, Green beans, zucchini, summer squash, onions, Artichoke, Asparagus, garlic, Mushrooms, Okra, Radishes, Sugar free Salsa, tomatoes, snow peas, kelp and other sea vegetables, Bean sprouts, Bamboo shoots, snow peas, water chestnuts (5 whole)
Fresh Vegetable Juices

3 Fruit

Calories/Serving: ~80

Apple: 1 med,
Banana: 1/2
Avocado: 1/4
Apricots: 3 med
Blueberries, Blackberries: 1 c
Raspberries, strawberries: 1/2 c
Cherries: ~16
Cantaloupe: 1/2 med
Honey Dew Melon: 1/4 small
Grapefruit: 1 whole
Grapes: ~16
Orange: 1 large
Tangerine: 2 small
Peaches: 1 large
Nectarines: 1 large
Pear: 1 med
Plum: 2 small
Olives: ~10 med
Watermelon: 1 1/2 c
Pineapple: 1 cup (fresh)

2 Legumes

Calories/Serving: ~110

Beans; kidney, pinto, black, navy, mung, garbanzo, lima, cannellini, fat-free refried, green soy beans: 1/2 c

Hummus: 1/4 c
Lentils: 1/2 c
Green peas: 1/2 c
Bean or pea soups: 3/4 c

1 High Glycemic Veggies

Calories/Serving: ~45

Red potato with skins: 2 small or 1 med
Sweet potato or yams: 1/2 med
Carrots: 1/2 c cooked, 12 baby raw, or 2 med
Winter Squash: 1/2 c
Beets: 1/2 c
Corn: 1/4 c or 1/2 of 6" ear

2 Grains

Calories/Serving: ~90

Breads: 100% whole grain: 1 slice
Rice or pasta, whole grain: 1/2 c
Whole wheat tortilla or pita: 1/2
Whole oats: 3/4 cup cooked
Bulgar, Barley, Basmati, Amaranth, Quinoa, etc: 1/2 c

2 Nuts/Seeds

Calories/Serving: ~100

Almonds: ~ 12 nuts
Walnuts: ~8 nuts
Peanuts: ~ 2 tbsp
Pistachio, pumpkin, sunflower, sesame seeds: 2 tbsp
Natural nut/seed butters: 1 tbsp

1 Dairy

Calories/Serving: ~80

Lowfat yogurt, plain 4oz
Butter milk: ~6 oz
Nonfat, 1% or 2% milk: 6oz

Alternatives: ~6 oz
Almond or Hazelnut milk
Coconut milk

6 Oils/Fats

Calories/Serving: ~40

*cold pressed oils
Extra Virgin Olive oil: 1 tsp
Canola oil (for cooking): 1 tsp
Regular Mayonnaise: 1tsp
Flaxseed or Sesame oils: 1 tsp (keep refrigerated)
Natural Raw Butter: 1 tsp

Comments/Tips

Meal Replacements may be used to meet additional nutrient needs but not recommended over raw foods due to low fiber and phytonutrient content (1 meal replacement or protein shake would typically equal 150 calories/serving with 23g whey protein). Remember to check portions and eat wholesome organic/low toxin foods most of the time. Do not go longer than 4 hours without nourishing your body. Do not skip categories or decrease calories for this will hinder metabolism, healing and energy. Calorie levels may need to be adjusted if activity levels change.



Calories/Day:

Wake Up
Breakfast
Snack
Lunch
Snack
Dinner
Snack

Protein
Calories/Serving:

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Low Glycemic Veggies
Calories/Serving:

--

Fruit
Calories/Serving:

--

Legumes
Calories/Serving:

--

High Glycemic Veggies
Calories/Serving:

--

Grains
Calories/Serving:

--

Nuts/Seeds
Calories/Serving:

--

Dairy
Calories/Serving:

--

Oils/Fats
Calories/Serving:

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Comments/Tips

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Calories/Day: 1800-1850

Wake Up

1st meal should be within 1 hour from wake up after 7-8 hrs sleep

Breakfast

1 cup plain yogurt (dairy) with cinnamon
3/4 cup gluten free cereal (grain)
1 orange (fruit)

Snack

24 Almonds (nuts)

Lunch

Chicken salad with celery, peppers, onions, green peas
1 Tbsp mayo (3 fats)
in romaine lettuce wrap
Fruit Salad

Snack

Cottage Cheese
Pineapple

Dinner

Baked haddock over rice
Sweet potato
zucchini
1 tbsp butter (3 fats)

Snack

Carrot sticks
dipped in hummus

3 Protein

Calories/Serving: ~150

Eggs: 2 whole or 3 egg whites plus 1 whole
Fish, shellfish: 3 oz or 3/4 cup canned in water
Poultry, Chicken or turkey breast: 3 oz
Lamb, lean roasted: 3oz
Grass fed lean beef: 3 oz

Vegetarian Options::

Tofu: 8 oz fresh, or 3.5 oz cube (baked)
Tempeh: 3 oz (1/2 c)
Veggie burger: 4 oz
Cottage Cheese (lowfat): 3/4 c
Ricotta (part skim): 1/2 c
Mozzarella (part skim): 2 oz

4+ Low Glycemic Veggies

Calories/Serving: ~20

(1/2 cup serving size)
*Unlimited Servings Allowed

Lettuce, leafy greens (spinach), other mixed greens, chives, Broccoli, Cabbage, Cauliflower, Celery, peppers, cucumber, Green beans, zucchini, summer squash, onions, Artichoke, Asparagus, garlic, Mushrooms, Okra, Radishes, Sugar free Salsa, tomatoes, snow peas, kelp and other sea vegetables, Bean sprouts, Bamboo shoots, snow peas, water chestnuts (5 whole)
Fresh Vegetable Juices

3 Fruit

Calories/Serving: ~80

Apple: 1 med,
Banana: 1/2
Avocado: 1/4
Apricots: 3 med
Blueberries, Blackberries: 1 c
Raspberries, strawberries: 1/2 c
Cherries: ~16
Cantaloupe: 1/2 med
Honey Dew Melon: 1/4 small
Grapefruit: 1 whole
Grapes: ~16
Orange: 1 large
Tangerine: 2 small
Peaches: 1 large
Nectarines: 1 large
Pear: 1 med
Plum: 2 small
Olives: ~10 med
Watermelon: 1 1/2 c
Pineapple: 1 cup (fresh)

2 Legumes

Calories/Serving: ~110

Beans; kidney, pinto, black, navy, mung, garbanzo, lima, cannellini, fat-free refried, green soy beans: 1/2 c

Hummus: 1/4 c
Lentils: 1/2 c
Green peas: 1/2 c
Bean or pea soups: 3/4 c

2 High Glycemic Veggies

Calories/Serving: ~45

Red potato with skins: 2 small or 1 med
Sweet potato or yams: 1/2 med
Carrots: 1/2 c cooked, 12 baby raw, or 2 med
Winter Squash: 1/2 c
Beets: 1/2 c
Corn: 1/4 c or 1/2 of 6" ear

2 Grains

Calories/Serving: ~90

Breads: 100% whole grain: 1 slice
Rice or pasta, whole grain: 1/2 c
Whole wheat tortilla or pita: 1/2
Whole oats: 3/4 cup cooked
Bulgar, Barley, Basmati, Amaranth, Quinoa, etc: 1/2 c

2 Nuts/Seeds

Calories/Serving: ~100

Almonds: ~ 12 nuts
Walnuts: ~8 nuts
Peanuts: ~ 2 tbsp
Pistachio, pumpkin, sunflower, sesame seeds: 2 tbsp
Natural nut/seed butters: 1 tbsp

1 Dairy

Calories/Serving: ~80

Lowfat yogurt, plain 4oz
Butter milk: ~6 oz
Nonfat, 1% or 2% milk: 6oz

Alternatives: ~6 oz
Almond or Hazelnut milk
Coconut milk

6 Oils/Fats

Calories/Serving: ~40

*cold pressed oils
Extra Virgin Olive oil: 1 tsp
Canola oil (for cooking): 1 tsp
Regular Mayonnaise: 1tsp
Flaxseed or Sesame oils: 1 tsp (keep refrigerated)
Natural Raw Butter: 1 tsp

Comments/Tips

Meal Replacements may be used to meet additional nutrient needs but not recommended over raw foods due to low fiber and phytonutrient content (1 meal replacement or protein shake is typically 150 calories/serving with 23g whey protein). Remember to check portions and eat wholesome organic/low toxin foods most of the time. Do not go longer than 4 hours without nourishing your body. Do not skip categories or decrease calories for this will hinder metabolism, healing and energy. Calorie levels may need to be adjusted if activity levels change.



Calories/Day: 1900-1950

Wake Up

1st meal should be within 1 hour from wake up after 7-8 hrs sleep

Breakfast

2 eggs over easy in
1 tsp olive oil
3/4 cup oats
1/2 cup raspberries

Snack

24 Almonds (nuts)

Lunch

Chicken salad with celery, peppers, onions, green peas
1 Tbsp mayo (3 fats)
in romaine lettuce wrap
Fruit Salad

Snack

grapes
yogurt with cinnamon

Dinner

Baked haddock
over rice
1 medium sweet potato
zucchini
1 tbsp butter (3 fats)

Snack

Carrot sticks
dipped in hummus

3 Protein

Calories/Serving: ~150

Eggs: 2 whole or 3 egg whites plus 1 whole
Fish, shellfish: 3 oz or 3/4 cup canned in water
Poultry, Chicken or turkey breast: 3 oz
Lamb, lean roasted: 3oz
Grass fed lean beef: 3 oz

Vegetarian Options::

Tofu: 8 oz fresh, or 3.5 oz cube (baked)
Tempeh: 3 oz (1/2 c)
Veggie burger: 4 oz
Cottage Cheese (lowfat): 3/4 c
Ricotta (part skim): 1/2 c
Mozzarella (part skim): 2 oz

4+ Low Glycemic Veggies

Calories/Serving: ~20

(1/2 cup serving size)
*Unlimited Servings Allowed

Lettuce, leafy greens (spinach), other mixed greens, chives, Broccoli, Cabbage, Cauliflower, Celery, peppers, cucumber, Green beans, zucchini, summer squash, onions, Artichoke, Asparagus, garlic, Mushrooms, Okra, Radishes, Sugar free Salsa, tomatoes, snow peas, kelp and other sea vegetables, Bean sprouts, Bamboo shoots, snow peas, water chestnuts (5 whole)
Fresh Vegetable Juices

3 Fruit

Calories/Serving: ~80

Apple: 1 med,
Banana: 1/2
Avocado: 1/4
Apricots: 3 med
Blueberries, Blackberries: 1 c
Raspberries, strawberries: 1/2 c
Cherries: ~16
Cantaloupe: 1/2 med
Honey Dew Melon: 1/4 small
Grapefruit: 1 whole
Grapes: ~16
Orange: 1 large
Tangerine: 2 small
Peaches: 1 large
Nectarines: 1 large
Pear: 1 med
Plum: 2 small
Olives: ~10 med
Watermelon: 1 1/2 c
Pineapple: 1 cup (fresh)

2 Legumes

Calories/Serving: ~110

Beans; kidney, pinto, black, navy, mung, garbanzo, lima, cannellini, fat-free refried, green soy beans: 1/2 c

Hummus: 1/4 c
Lentils: 1/2 c
Green peas: 1/2 c
Bean or pea soups: 3/4 c

3 High Glycemic Veggies

Calories/Serving: ~45

Red potato with skins: 2 small or 1 med
Sweet potato or yams: 1/2 med
Carrots: 1/2 c cooked, 12 baby raw, or 2 med
Winter Squash: 1/2 c
Beets: 1/2 c
Corn: 1/4 c or 1/2 of 6" ear

2 Grains

Calories/Serving: ~90

Breads: 100% whole grain: 1 slice
Rice or pasta, whole grain: 1/2 c
Whole wheat tortilla or pita: 1/2
Whole oats: 3/4 cup cooked
Bulgar, Barley, Basmati, Amaranth, Quinoa, etc: 1/2 c

2 Nuts/Seeds

Calories/Serving: ~100

Almonds: ~ 12 nuts
Walnuts: ~8 nuts
Peanuts: ~ 2 tbsp
Pistachio, pumpkin, sunflower, sesame seeds: 2 tbsp
Natural nut/seed butters: 1 tbsp

1 Dairy

Calories/Serving: ~80

Lowfat yogurt, plain 4oz
Butter milk: ~6 oz
Nonfat, 1% or 2% milk: 6oz

Alternatives: ~6 oz
Almond or Hazelnut milk
Coconut milk

7 Oils/Fats

Calories/Serving: ~40

*cold pressed oils
Extra Virgin Olive oil: 1 tsp
Canola oil (for cooking): 1 tsp
Regular Mayonnaise: 1tsp
Flaxseed or Sesame oils: 1 tsp (keep refrigerated)
Natural Raw Butter: 1 tsp

Comments/Tips

Meal Replacements may be used to meet additional nutrient needs but not recommended over raw foods due to low fiber and phytonutrient content (1 meal replacement or protein shake is typically 150 calories/serving with 23g whey protein). Remember to check portions and eat wholesome organic/low toxin foods most of the time. Do not go longer than 4 hours without nourishing your body. Do not skip categories or decrease calories for this will hinder metabolism, healing and energy. Calorie levels may need to be adjusted if activity levels change.



Calories/Day: 2000-2050

Wake Up

1st meal should be within 1 hour from wake up after 7-8 hrs sleep

Breakfast

2 eggs
1 slice whole grain bread
1 tsp butter
1/2 cup raspberries

Snack

24 Almonds (nuts)
Meal replacement at ~150 cal.

Lunch

Chicken salad with celery, peppers, onions, green peas
1 Tbsp mayo (3 fats)
in romaine lettuce wrap
Fruit Salad

Snack

grapes
yogurt with cinnamon

Dinner

Baked haddock
over rice
1 medium sweet potato
zucchini
1 tbsp butter (3 fats)

Snack

Carrot sticks
dipped in hummus

3 Protein

Calories/Serving: ~150

Eggs: 2 whole or 3 egg whites plus 1 whole
Fish, shellfish: 3 oz or 3/4 cup canned in water
Poultry, Chicken or turkey breast: 3 oz
Lamb, lean roasted: 3oz
Grass fed lean beef: 3 oz

Vegetarian Options::

Tofu: 8 oz fresh, or 3.5 oz cube (baked)
Tempeh: 3 oz (1/2 c)
Veggie burger: 4 oz
Cottage Cheese (lowfat): 3/4 c
Ricotta (part skim): 1/2 c
Mozzarella (part skim): 2 oz

4+ Low Glycemic Veggies

Calories/Serving: ~20

(1/2 cup serving size)
*Unlimited Servings Allowed

Lettuce, leafy greens (spinach), other mixed greens, chives, Broccoli, Cabbage, Cauliflower, Celery, peppers, cucumber, Green beans, zucchini, summer squash, onions, Artichoke, Asparagus, garlic, Mushrooms, Okra, Radishes, Sugar free Salsa, tomatoes, snow peas, kelp and other sea vegetables, Bean sprouts, Bamboo shoots, snow peas, water chestnuts (5 whole)
Fresh Vegetable Juices

3 Fruit

Calories/Serving: ~80

Apple: 1 med,
Banana: 1/2
Avocado: 1/4
Apricots: 3 med
Blueberries, Blackberries: 1 c
Raspberries, strawberries: 1/2 c
Cherries: ~16
Cantaloupe: 1/2 med
Honey Dew Melon: 1/4 small
Grapefruit: 1 whole
Grapes: ~16
Orange: 1 large
Tangerine: 2 small
Peaches: 1 large
Nectarines: 1 large
Pear: 1 med
Plum: 2 small
Olives: ~10 med
Watermelon: 1 1/2 c
Pineapple: 1 cup (fresh)

2 Legumes

Calories/Serving: ~110

Beans; kidney, pinto, black, navy, mung, garbanzo, lima, cannellini, fat-free refried, green soy beans: 1/2 c

Hummus: 1/4 c
Lentils: 1/2 c
Green peas: 1/2 c
Bean or pea soups: 3/4 c

3 High Glycemic Veggies

Calories/Serving: ~45

Red potato with skins: 2 small or 1 med
Sweet potato or yams: 1/2 med
Carrots: 1/2 c cooked, 12 baby raw, or 2 med
Winter Squash: 1/2 c
Beets: 1/2 c
Corn: 1/4 c or 1/2 of 6" ear

2 Grains

Calories/Serving: ~90

Breads: 100% whole grain: 1 slice
Rice or pasta, whole grain: 1/2 c
Whole wheat tortilla or pita: 1/2
Whole oats: 3/4 cup cooked
Bulgar, Barley, Basmati, Amaranth, Quinoa, etc: 1/2 c

2 Nuts/Seeds

Calories/Serving: ~100

Almonds: ~ 12 nuts
Walnuts: ~8 nuts
Peanuts: ~ 2 tbsp
Pistachio, pumpkin, sunflower, sesame seeds: 2 tbsp
Natural nut/seed butters: 1 tbsp

1 Dairy

Calories/Serving: ~80

Lowfat yogurt, plain 4oz
Butter milk: ~6 oz
Nonfat, 1% or 2% milk: 6oz

Alternatives: ~6 oz
Almond or Hazelnut milk
Coconut milk

7 Oils/Fats

Calories/Serving: ~40

*cold pressed oils
Extra Virgin Olive oil: 1 tsp
Canola oil (for cooking): 1 tsp
Regular Mayonnaise: 1tsp
Flaxseed or Sesame oils: 1 tsp (keep refrigerated)
Natural Raw Butter: 1 tsp

Comments/Tips

Meal replacement recommended as part of 2000 cal plan. Meal replacement may be used to meet additional nutrient needs but not recommended over raw foods due to low fiber and phytonutrient content (1 meal replacement or protein shake is typically 150 calories/serving with 23g whey protein). Remember to check portions and eat wholesome organic/low toxin foods most of the time. Do not go longer than 4 hours without nourishing your body. Do not skip categories or decrease calories for this will hinder metabolism, healing and energy. Calorie levels may need to be adjusted if activity levels change.



Calories/Day:

Wake Up

1st meal should be within 1 hour from wake up after 7-8 hrs sleep

Breakfast

2 poached eggs
1 slice whole grain bread
1 tbsp sunflower butter spread
1/2 cup raspberries

Snack

24 Almonds (nuts)
Meal replacement at ~150 cal.

Lunch

Chicken salad with celery, peppers, onions, green peas
1 tbsp mayo (3 fats)
in romaine lettuce wrap
Fruit Salad

Snack

grapes
yogurt with cinnamon

Dinner

Baked haddock over rice
1 medium sweet potato
zucchini
4 tsp butter

Snack

Carrot sticks
dipped in hummus

3 Protein
Calories/Serving: ~150

Eggs: 2 whole or 3 egg whites plus 1 whole
Fish, shellfish: 3 oz or 3/4 cup canned in water
Poultry, Chicken or turkey breast: 3 oz
Lamb, lean roasted: 3oz
Grass fed lean beef: 3 oz

Vegetarian Options::

Tofu: 8 oz fresh, or 3.5 oz cube (baked)
Tempeh: 3 oz (1/2 c)
Veggie burger: 4 oz
Cottage Cheese (lowfat): 3/4 c
Ricotta (part skim): 1/2 c
Mozzarella (part skim): 2 oz

4+ Low Glycemic Veggies
Calories/Serving: ~20

(1/2 cup serving size)
*Unlimited Servings Allowed

Lettuce, leafy greens (spinach), other mixed greens, chives, Broccoli, Cabbage, Cauliflower, Celery, peppers, cucumber, Green beans, zucchini, summer squash, onions, Artichoke, Asparagus, garlic, Mushrooms, Okra, Radishes, Sugar free Salsa, tomatoes, snow peas, kelp and other sea vegetables, Bean sprouts, Bamboo shoots, snow peas, water chestnuts (5 whole)
Fresh Vegetable Juices

3 Fruit
Calories/Serving: ~80

Apple: 1 med,
Banana: 1/2
Avocado: 1/4
Apricots: 3 med
Blueberries, Blackberries: 1 c
Raspberries, strawberries: 1/2 c
Cherries: ~16
Cantaloupe: 1/2 med
Honey Dew Melon: 1/4 small
Grapefruit: 1 whole
Grapes: ~16
Orange: 1 large
Tangerine: 2 small
Peaches: 1 large
Nectarines: 1 large
Pear: 1 med
Plum: 2 small
Olives: ~10 med
Watermelon: 1 1/2 c
Pineapple: 1 cup (fresh)

2 Legumes
Calories/Serving: ~110

Beans; kidney, pinto, black, navy, mung, garbanzo, lima, cannellini, fat-free refried, green soy beans: 1/2 c

Hummus: 1/4 c
Lentils: 1/2 c
Green peas: 1/2 c
Bean or pea soups: 3/4 c

3 High Glycemic Veggies
Calories/Serving: ~45

Red potato with skins: 2 small or 1 med
Sweet potato or yams: 1/2 med
Carrots: 1/2 c cooked, 12 baby raw, or 2 med
Winter Squash: 1/2 c
Beets: 1/2 c
Corn: 1/4 c or 1/2 of 6" ear

2 Grains
Calories/Serving: ~90

Breads: 100% whole grain: 1 slice
Rice or pasta, whole grain: 1/2 c
Whole wheat tortilla or pita: 1/2
Whole oats: 3/4 cup cooked
Bulgar, Barley, Basmati, Amaranth, Quinoa, etc: 1/2 c

3 Nuts/Seeds
Calories/Serving: ~100

Almonds: ~ 12 nuts
Walnuts: ~8 nuts
Peanuts: ~ 2 tbsp
Pistachio, pumpkin, sunflower, sesame seeds: 2 tbsp
Natural nut/seed butters: 1 tbsp

1 Dairy
Calories/Serving: ~80

Lowfat yogurt, plain 4oz
Butter milk: ~6 oz
Nonfat, 1% or 2% milk: 6oz

Alternatives: ~6 oz
Almond or Hazelnut milk
Coconut milk

7 Oils/Fats
Calories/Serving: ~40

*cold pressed oils
Extra Virgin Olive oil: 1 tsp
Canola oil (for cooking): 1 tsp
Regular Mayonnaise: 1tsp
Flaxseed or Sesame oils: 1 tsp (keep refrigerated)
Natural Raw Butter: 1 tsp

Comments/Tips

Meal replacement recommended as part of 2100 cal plan. Meal replacement may be used to meet additional nutrient needs but not recommended over raw foods due to low fiber and phytonutrient content (1 meal replacement or protein shake is typically 150 calories/serving with 23g whey protein). Remember to check portions and eat wholesome organic/low toxin foods most of the time. Do not go longer than 4 hours without nourishing your body. Do not skip categories or decrease calories for this will hinder metabolism, healing and energy. Calorie levels may need to be adjusted if activity levels change.



Calories/Day:

Wake Up

1st meal should be within 1 hour from wake up after 7-8 hrs sleep

Breakfast

2 poached eggs
1 slice whole grain bread
1 tbsp sunflower butter spread
1/2 cup raspberries

Snack

24 Almonds (nuts)
Meal replacement at ~150 cal.

Lunch

Chicken salad with celery, peppers, onions, green peas
1 tbsp mayo (3 fats)
in romaine lettuce wrap
Fruit Salad

Snack

grapes
Meal replacement at ~150 cal.

Dinner

Baked haddock
over rice
1/2 medium sweet potato
zucchini
4 tsp butter
1 cup Almond milk

Snack

Carrot sticks
dipped in hummus

3 Protein
Calories/Serving: ~150

Eggs: 2 whole or 3 egg whites plus 1 whole
Fish, shellfish: 3 oz or 3/4 cup canned in water
Poultry, Chicken or turkey breast: 3 oz
Lamb, lean roasted: 3oz
Grass fed lean beef: 3 oz

Vegetarian Options::

Tofu: 8 oz fresh, or 3.5 oz cube (baked)
Tempeh: 3 oz (1/2 c)
Veggie burger: 4 oz
Cottage Cheese (lowfat): 3/4 c
Ricotta (part skim): 1/2 c
Mozzarella (part skim): 2 oz

4+ Low Glycemic Veggies
Calories/Serving: ~20

(1/2 cup serving size)
*Unlimited Servings Allowed

Lettuce, leafy greens (spinach), other mixed greens, chives, Broccoli, Cabbage, Cauliflower, Celery, peppers, cucumber, Green beans, zucchini, summer squash, onions, Artichoke, Asparagus, garlic, Mushrooms, Okra, Radishes, Sugar free Salsa, tomatoes, snow peas, kelp and other sea vegetables, Bean sprouts, Bamboo shoots, snow peas, water chestnuts (5 whole)
Fresh Vegetable Juices

3 Fruit
Calories/Serving: ~80

Apple: 1 med,
Banana: 1/2
Avocado: 1/4
Apricots: 3 med
Blueberries, Blackberries: 1 c
Raspberries, strawberries: 1/2 c
Cherries: ~16
Cantaloupe: 1/2 med
Honey Dew Melon: 1/4 small
Grapefruit: 1 whole
Grapes: ~16
Orange: 1 large
Tangerine: 2 small
Peaches: 1 large
Nectarines: 1 large
Pear: 1 med
Plum: 2 small
Olives: ~10 med
Watermelon: 1 1/2 c
Pineapple: 1 cup (fresh)

2 Legumes
Calories/Serving: ~110

Beans; kidney, pinto, black, navy, mung, garbanzo, lima, cannellini, fat-free refried, green soy beans: 1/2 c

Hummus: 1/4 c
Lentils: 1/2 c
Green peas: 1/2 c
Bean or pea soups: 3/4 c

2 High Glycemic Veggies
Calories/Serving: ~45

Red potato with skins: 2 small or 1 med
Sweet potato or yams: 1/2 med
Carrots: 1/2 c cooked, 12 baby raw, or 2 med
Winter Squash: 1/2 c
Beets: 1/2 c
Corn: 1/4 c or 1/2 of 6" ear

2 Grains
Calories/Serving: ~90

Breads: 100% whole grain: 1 slice
Rice or pasta, whole grain: 1/2 c
Whole wheat tortilla or pita: 1/2
Whole oats: 3/4 cup cooked
Bulgar, Barley, Basmati, Amaranth, Quinoa, etc: 1/2 c

3 Nuts/Seeds
Calories/Serving: ~100

Almonds: ~ 12 nuts
Walnuts: ~8 nuts
Peanuts: ~ 2 tbsp
Pistachio, pumpkin, sunflower, sesame seeds: 2 tbsp
Natural nut/seed butters: 1 tbsp

1 Dairy
Calories/Serving: ~80

Lowfat yogurt, plain 4oz
Butter milk: ~6 oz
Nonfat, 1% or 2% milk: 6oz

Alternatives: ~6 oz
Almond or Hazelnut milk
Coconut milk

7 Oils/Fats
Calories/Serving: ~40

*cold pressed oils
Extra Virgin Olive oil: 1 tsp
Canola oil (for cooking): 1 tsp
Regular Mayonnaise: 1tsp
Flaxseed or Sesame oils: 1 tsp (keep refrigerated)
Natural Raw Butter: 1 tsp

Comments/Tips

2 meal replacements recommended as part of 2200 cal plan. Meal replacement may be used to meet additional nutrient needs but not recommended over raw foods due to low fiber and phytonutrient content (1 meal replacement or protein shake is typically 150 calories/serving with 23g whey protein). Remember to check portions and eat wholesome organic/low toxin foods most of the time. Do not go longer than 4 hours without nourishing your body. Do not skip categories or decrease calories for this will hinder metabolism, healing and energy. Calorie levels may need to be adjusted if activity levels change.



Calories/Day:

Wake Up

1st meal should be within 1 hour from wake up after 7-8 hrs sleep

Breakfast

2 poached eggs
1 slice whole grain bread
1 tsp butter
1/2 cup raspberries

Snack

24 Almonds (nuts)
Meal replacement at ~150 cal.

Lunch

Chicken salad with celery, peppers, onions, green peas
1 tbsp mayo (3 fats)
in romaine lettuce wrap
Fruit Salad

Snack

grapes
cottage cheese
Meal replacement at ~150 cal.

Dinner

Baked haddock over rice
1 medium sweet potato
zucchini
1 tbsp butter (3 fats)
1 cup Almond milk

Snack

Carrot sticks
dipped in hummus

4 Protein
Calories/Serving: ~150

Eggs: 2 whole or 3 egg whites plus 1 whole
Fish, shellfish: 3 oz or 3/4 cup canned in water
Poultry, Chicken or turkey breast: 3 oz
Lamb, lean roasted: 3oz
Grass fed lean beef: 3 oz

Vegetarian Options::

Tofu: 8 oz fresh, or 3.5 oz cube (baked)
Tempeh: 3 oz (1/2 c)
Veggie burger: 4 oz
Cottage Cheese (lowfat): 3/4 c
Ricotta (part skim): 1/2 c
Mozzarella (part skim): 2 oz

4+ Low Glycemic Veggies
Calories/Serving: ~20

(1/2 cup serving size)
*Unlimited Servings Allowed

Lettuce, leafy greens (spinach), other mixed greens, chives, Broccoli, Cabbage, Cauliflower, Celery, peppers, cucumber, Green beans, zucchini, summer squash, onions, Artichoke, Asparagus, garlic, Mushrooms, Okra, Radishes, Sugar free Salsa, tomatoes, snow peas, kelp and other sea vegetables, Bean sprouts, Bamboo shoots, snow peas, water chestnuts (5 whole)
Fresh Vegetable Juices

3 Fruit
Calories/Serving: ~80

Apple: 1 med,
Banana: 1/2
Avocado: 1/4
Apricots: 3 med
Blueberries, Blackberries: 1 c
Raspberries, strawberries: 1/2 c
Cherries: ~16
Cantaloupe: 1/2 med
Honey Dew Melon: 1/4 small
Grapefruit: 1 whole
Grapes: ~16
Orange: 1 large
Tangerine: 2 small
Peaches: 1 large
Nectarines: 1 large
Pear: 1 med
Plum: 2 small
Olives: ~10 med
Watermelon: 1 1/2 c
Pineapple: 1 cup (fresh)

2 Legumes
Calories/Serving: ~110

Beans; kidney, pinto, black, navy, mung, garbanzo, lima, cannellini, fat-free refried, green soy beans: 1/2 c

Hummus: 1/4 c
Lentils: 1/2 c
Green peas: 1/2 c
Bean or pea soups: 3/4 c

3 High Glycemic Veggies
Calories/Serving: ~45

Red potato with skins: 2 small or 1 med
Sweet potato or yams: 1/2 med
Carrots: 1/2 c cooked, 12 baby raw, or 2 med
Winter Squash: 1/2 c
Beets: 1/2 c
Corn: 1/4 c or 1/2 of 6" ear

2 Grains
Calories/Serving: ~90

Breads: 100% whole grain: 1 slice
Rice or pasta, whole grain: 1/2 c
Whole wheat tortilla or pita: 1/2
Whole oats: 3/4 cup cooked
Bulgar, Barley, Basmati, Amaranth, Quinoa, etc: 1/2 c

2 Nuts/Seeds
Calories/Serving: ~100

Almonds: ~ 12 nuts
Walnuts: ~8 nuts
Peanuts: ~ 2 tbsp
Pistachio, pumpkin, sunflower, sesame seeds: 2 tbsp
Natural nut/seed butters: 1 tbsp

1 Dairy
Calories/Serving: ~80

Lowfat yogurt, plain 4oz
Butter milk: ~6 oz
Nonfat, 1% or 2% milk: 6oz

Alternatives: ~6 oz
Almond or Hazelnut milk
Coconut milk

7 Oils/Fats
Calories/Serving: ~40

*cold pressed oils
Extra Virgin Olive oil: 1 tsp
Canola oil (for cooking): 1 tsp
Regular Mayonnaise: 1tsp
Flaxseed or Sesame oils: 1 tsp (keep refrigerated)
Natural Raw Butter: 1 tsp

Comments/Tips

2 meal replacements recommended as part of 2300 cal plan. Meal replacement may be used to meet additional nutrient needs but not recommended over raw foods due to low fiber and phytonutrient content (1 meal replacement or protein shake is typically 150 calories/serving with 23g whey protein). Remember to check portions and eat wholesome organic/low toxin foods most of the time. Do not go longer than 4 hours without nourishing your body. Do not skip categories or decrease calories for this will hinder metabolism, healing and energy. Calorie levels may need to be adjusted if activity levels change.