

# Meal Planning List

## NON-STARCHY VEGETABLES

Eat 1-2 cups per meal

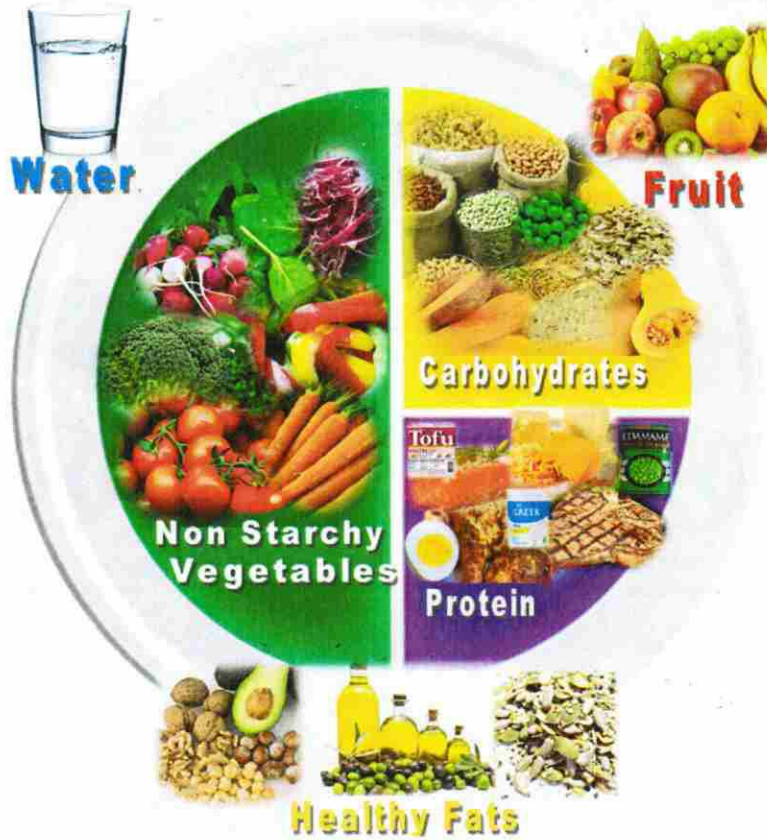
- Asparagus
- Spinach, Baby spinach
- Beans- green snap
- Bell peppers
- Bok Choy
- Broccoli, Broccoli Raab
- Brussels sprouts
- Cabbage
- Carrots
- Cole slaw- low mayo
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Kale
- Lettuce: romaine, arugula, radicchio, frisee, boston bibb,
- Mushrooms
- Leeks, Onions
- Parsnips
- Peppers
- Radishes
- Spinach
- Snow Peas

## FRUIT (CARBOHYDRATE)

Try to get 1 to 2 cups fresh fruit / day. Less ripe = Less sugar

½ cup: Apricots, Apples, Bananas, Blueberries, Cherries, Kiwis, Grapefruit, Melon, Oranges, Pears, Grapes, Peaches, Plums, Strawberries; Raspberries, Limes, Lemons, Pomegranates...

Choose Fruit Over Juice. Limit juice to 4 to 8oz per day



## HEALTHY FATS

**Oils:** 1-2 tsp Olive, Sesame, Flax, Hemp, Pumpkin, Avocado, Coconut, Grape Seed / salad dressing with these oils  
Choose Butter over margarine

**Seeds:** 2Tbsp: Sunflower, Chia, Flax, Hemp, Pumpkin, Sesame

**Nuts:** 2Tbsp: Almonds, Cashews, Pecans, Brazil, Filberts, Macadamia, Pistachios, Peanuts, Walnuts,

**Other:** ¼ cup Avocado, ½-cup whole milk, 1 Tbsp Nut Butter

**Fatty Fish:** 1 to 2 (3oz) servings Mackerel, Salmon, Sardines  
Albacore Tuna, Trout & herring per week

## CARBOHYDRATES

Choose whole grain & starchy vegetables over white, refined, processed carbohydrates. Sugar is also a carbohydrate so avoid sugar including sweet drinks

Bread: Sprouted, Whole Grain

Quinoa

Oatmeal

Rice- brown

Pasta- whole grain

Beans: black, lentils, kidney,

garbanzo, dal, black-eyed

peas, pinto, split peas

Beets

Peas

Potatoes

Corn

Squash: Winter squashes like

Acorn, Butternut, Pumpkin

## PROTEIN

3 to 4oz meat = the size of a deck of cards. Choose leaner cuts of meat, poultry, pork

Red Meat: beef, lamb, goat,

venison; Poultry: chicken,

turkey, duck; Pork

Fish: try cold water fresh fish

fatty fish like salmon

Edamame: 1 cup has 16g car

Eggs: try organic / free range

Yogurt

Cheese: avoid processed slic

Tofu

Beans: You can eat beans

instead of meat. The beans

provide carbs & protein

## WATER

Drink 64 to 123oz / day. Check with doctor if you have Kidney Disease, CHF or a Fluid Restriction.

Based on Dietary Reference Intakes for water: 123oz for males & 90oz for females / day

Activity, hot or dry weather & obesity may increase fluid needs