



# 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, 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/scoop (1 protein serving = 7 g protein)  
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 ml
- Black soybeans (cooked)–86 g
- Dried beans, lentils, or peas (cooked)–40 g
- Edamame (cooked)–77 g
- Flour, legume–25 g
- Green peas (cooked)–80 g

- Hummus or other bean dips–82 g  
1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs
- Refried beans, vegetarian–120 g

## DAIRY & ALTERNATIVES

*Proteins/Carb*

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

**Unsweetened, organic preferred**

### Dairy:

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

### Dairy Alternatives:

- Milk: Almond, **coconut**, flaxseed, hazelnut, hemp, oat, soy–225 g
- Yogurt: **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 ⅛ 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  
1 serving = 45 calories, 5 g fat
- 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

**Items in blue indicate preferred therapeutic 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.



**VEGETABLES** Non-starchy**Carbs**

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

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

1 serving = about 50 g= 25 calories, 5 carbs

**Organic, non-GMO fruits, vegetables, herbs and spices preferred****VEGETABLES** Starchy**Carbs**

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

- |   |   |
|---|---|
| <input type="checkbox"/> Acorn squash       | <input type="checkbox"/> Potato: Purple, red, |
| (cubed)-140 g                               | sweet, yellow-½ med                           |
| <input type="checkbox"/> Butternut squash   | <input type="checkbox"/> Potatoes             |
| (cubed)-140 g                               | (mashed)-100 g                                |
| <input type="checkbox"/> Plantain-50 g or ½ | <input type="checkbox"/> Root vegetables:     |
| whole                                       | Parsnip, rutabaga-75 g                        |
|   | <input type="checkbox"/> Yam-½ med            |

1 serving = 80 calories, 15 g carbs

**Low Glycemic Impact Recommendations**

Limit to 1 serving per day

**FRUITS****Carbs**

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

**Unsweetened, no sugar added**

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

1 serving = 60 calories, 15 g carbs

**Low Glycemic Impact Recommendations**

Limit to 2-3 servings per day. Limit dried fruit and fruit juices

**GLUTEN-FREE GRAINS****Carbs**

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

**Unsweetened, sprouted, organic preferred**

- |   |  |
|---|--|
| <input type="checkbox"/> Amaranth-82 g        | <input type="checkbox"/> Quinoa-90 g           |
| <input type="checkbox"/> Buckwheat/kasha      | <input type="checkbox"/> Rice: Basmati, black, |
| -84 g   | brown, purple, red,                            |
| <input type="checkbox"/> Crackers: Nut, rice, | wild-65 g                                      |
| seed-3-4                                      | <input type="checkbox"/> Teff-189 g            |
| <input type="checkbox"/> Millet-87 g          | <b>All grain servings are for</b>              |
| <input type="checkbox"/> Oats: Rolled, steel- | <b>cooked amounts.</b>                         |
| cut-115 g                                     |  |

1 serving = 75-110 calories, 15 g carbs

**Low Glycemic Impact Recommendations**

Short term: Consider removal

Long term: Limit to 1-2 servings per day

**BEVERAGES, SPICES & CONDIMENTS****Unsweetened, no sugar added**

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

**Items in blue indicate preferred therapeutic 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.

