

BREAKFAST	LUNCH <i>(4 hrs after breakfast)</i>	DINNER <i>(5 hours after lunch)</i>	METABOLIC ADJUSTMENT <i>(4 hours after dinner)</i>
1 Protein 1 Dairy <i>(or 2 oz. protein)</i> 1 Fruit 1 Grain or Starchy Vegetable	1 Protein 1 Cooked Vegetable 1 Raw Vegetable ½ Daily Oil Men: add 1 Fruit, 1 Grain, or 1 Starchy Vegetable	1 Protein 1 Cooked Vegetable 1 Raw Vegetable 1 Grain or Starchy Vegetable ½ Daily Oil	2 oz. Protein OR 1 Dairy 1 Fruit

DAIRY

*Dairy may also be used as a protein.
If you are dairy sensitive, eliminate dairy
and substitute 2 oz. of any protein.*

Buttermilk	1 cup
Low or non-fat ricotta	½ cup
Milk: skim or 1%	1 cup
Low-fat cottage cheese	½ cup
Low or non-fat yogurt	1 cup
Unsweetened soy drink	1 cup

FATS

*Women require one fat serving per day.
Men require two fat servings per day.*

Oil	1 Tbls.
Margarine	1 Tbls.
Mayonnaise	1 Tbls.
Salad dressing	2 Tbls.

FRUITS

Apple	1 med.
Apple juice	½ cup
Applesauce	½ cup
Apricots	3 med.
Berries	1 cup
Citrus juice	1 cup
Cantaloupe	½ 6" dia.
Cherries	1 cup
Cranberry juice	1 cup
Fruit cocktail	1 cup
Grapefruit	½ large
Grapes	1 cup
Honeydew	¼ 7" dia.
Kiwi	3 small
Lemons, Limes	2 small
Nectarines	2 small
Orange	1 large
Peach	1 large
Pear	1 large
Pineapple	1 cup
Pineapple juice	½ cup
Plums	3 med.
Prune juice	½ cup
Tangerine	2 small
Watermelon	1 cup

GRAINS

*1 cup of any of the following,
measured after cooking.*

Amaranth	Grits
Barley	Millet
Brown rice	Oat bran
Buckwheat	Oatmeal
Puffed brown rice	Quinoa
Puffed corn	3 Rice cakes
Puffed millet	Cream of rye

STARCHY VEGETABLES

Baked potato	6 oz.
Beans: lima, navy, dried	½ cup
Corn	1 med.
Corn (kernel)	½ cup
Mashed potatoes	½ cup
Mashed yams	½ cup
Parsnips	½ cup
Peas, dried	½ cup
Peas, green	½ cup
Pumpkin	½ cup
Sweet potato	6 oz.
Squash: winter*	½ cup
* acorn, butternut, hubbard, winter and spaghetti squash	

COOKED PROTEIN

**NOTE: Men eat 5 oz. of red meat and
6 oz. of fish or poultry**

Beef	4 oz.
Chicken	4 oz.
Dried beans	1 cup
Eggs	2 medium
Fish	4 oz.
Hot dogs (no sugar)	4 oz.
Lamb	4 oz.
Pork	4 oz.
Shellfish	4 oz.
Turkey	4 oz.
Veal	4 oz.
Tofu or tempeh	6 oz.

VEGETABLES

1 cup of any of the following:

Artichoke	Asparagus
Bamboo shoots	Beans, green
Bok choy	Beets
Broccoli	Brussel sprouts
Cabbage	Carrots
Cauliflower	Celery
Chicory	Chinese cabbage
Cucumber	Dill pickles
Eggplant	Endive
Escarole	Greens*
Mushroom	Okra
Onions	Peppers
Pimentos	Radishes
Rhubarb	Romaine
Rutabaga	Sauerkraut
Snow pea pods	Spinach
Summer squash	Swiss chard
Tomatoes	Turnips
Vegetable juice	Watercress
*beet, collard, dandelion, kale, all types of lettuce, mustard, any sprouts (no wheat grass)	

NOTE: Tomato juice or vegetable cocktail
juice without sugar may be used as a
cooked vegetable substitute. 1 cup juice =
1 cup cooked vegetables.

CONDIMENTS

No more than 1 tsp. a day of any
one spice, or 2 T. of any one sauce
that is sugar-free, alcohol-free,
and wheat-free. EX: mustard,
tamari, salsa, lemon juice, etc.