

FirstLineTherapy® Menu Plan Worksheet

Food Groups	
Medical Food	_____ servings per day
Concentrated Protein	_____ serving(s) per day
Legumes	_____ serving(s) per day
Dairy/ Alternatives	_____ serving(s) per day
Nuts Seeds	_____ serving(s) per day
Category 1 Vegetables	minimum 3-4
Category 2 Vegetables	_____ serving(s) per day
Fruits	_____ serving(s) per day
Grains	_____ serving(s) per day
Oils	_____ serving(s) per day
_____ Total Calories Per Day	

Concentrated Protein

Serving size: 3-4 oz. cooked, or as indicated
(1 serving = approximately 150 calories)

Meat, poultry, and fish should be grilled, baked, or roasted; fish may also be poached

Keep cheese intake low due to saturated fat

- Eggs, 2 whole, or 3 egg whites plus 1 whole egg
- Egg substitute, 2/3 cup
- Fish, shellfish, 3 oz. fresh or 3/4 cup canned in water
- Poultry: chicken or Cornish hen (breast only), turkey
- Leg of lamb, lean roast
- Beef, very lean (5% or less fat); buffalo, venison, elk
- Tofu, 5-6 oz. or 1 cup (fresh), or 2-3 oz. cube (baked)
- Tempeh, 3 oz. or 1/2 cup -Seitan, 1/3 cup
- Soy or veggie burger, 4 oz.
- Cottage cheese, nonfat or lowfat, 3/4 cup
- Ricotta, part skim or nonfat, 1/2 cup
- Mozzarella, part skim or nonfat, 2 oz. or 1/2 cup shredded
- Parmesan cheese (grated), 6 tbsp.

Legumes

Serving size: 1/2 cup cooked, or as indicated
(1 serving = approximately 110 calories)

- Beans - garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried, green soy beans
- Bean soups, 3/4 cup
- Hummus, 1/4 cup
- Split peas, sweet green peas, lentils

Dairy/Dairy Alternatives

Serving size: 6 oz., or as indicated
(1 serving = approximately 80 calories)

- Almond milk, plain, 8 oz.
- Buttermilk, nonfat, 1% or 2%
- Hemp milk, plain, 6 oz.
- Milk, nonfat or 1%, 6 oz., Soy milk, plain, 8 oz.
- Sour cream, nonfat, 6 tbsp.
- Yogurt (soy), plain unsweetened, 4 oz.
- Yogurt (also goat milk or Greek), plain unsweetened, 6 oz. nonfat
- Fat-free feta cheese, 2 oz.

Nuts & Seeds

Serving size as indicated

- (1 serving = approximately 100 calories)
- Almonds or hazelnuts, 10-12 whole nuts
- Coconut, unsweetened grated, 3 tbsp.
- Nut butter, 1 tbsp. made from above nuts
- Peanuts, 18 nuts or 2 tbsp.
- Pine nuts, 2 tbsp.
- Pistachios, sunflower, pumpkin, or sesame seeds, 2 tbsp.
- Walnut or pecan halves, 7-8

Category 1 Vegetables

Serving size: 1/2 cup - min. 3-4 servings unlimited
Fresh juices made from these are allowed
(1 serving = approximately 10-25 calories)

Name _____

Day _____

- Artichokes -Asparagus -Bamboo shoots
- Bean sprouts -Bell or other peppers
- Broccoli, Broccoflower -Brussels sprouts
- Cabbage (all types) -Cauliflower -Celery
- Chives -Cucumber
- Eggplant -Garlic -Green Beans
- Greens: bok choy, escarole, Swiss chard, kale, collards, spinach, dandelion, mustard and beet greens
- Leeks
- Lettuce/Mixed greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory
- Mushrooms -Okra -Onion -Radishes
- Salsa (sugar-free) -Scallions -Sea vegetables (kelp, etc.)
- Snow peas -Sprouts
- Squash: zucchini, yellow, summer, spaghetti
- Tomatoes or mixed vegetable juice (low sodium)
- Water chestnuts, 5 whole

Category 2 Vegetables

Serving size: 1/2 cup, or as indicated

(1 serving = approximately 45 calories)

- Beets, winter squash (acorn, butternut)
- Carrots, 1/2 cup cooked or 2 medium raw or 12 baby carrots
- Sweet potatoes or yams, 1/2 medium baked
- Yukon Gold, new or red potato, 1/2 medium

Fruits

Serving size as indicated

(1 serving = approximately 80 calories)

- Apple, 1 medium -Apricots, 3 medium
- Berries: blackberries & blueberries, 1 cup; raspberries & strawberries, 1 1/2 cups
- Cantaloupe, 1/2 medium -Cherries, 15
- Fresh figs, 2
- Grapefruit, 1 whole
- Grapes, 15 -Honeydew melon, 1/4 small
- Mango, 1/2 medium -Nectarines, 2 small
- Orange, 1 large -Peaches, 2 small
- Pear, 1 medium -Plums, 2 small
- Persimmon, 1/2
- Tangerines, 2 small -Watermelon, 2 cups

Grains

Serving size: 1/2 cup cooked, or as indicated

(1 serving = approximately 75-100 calories)

- Basmati or other brown rice, wild rice
- Barley, buckwheat groats, or millet
- Bulgur (cracked wheat)
- Quinoa
- Teff
- Whole oats, raw, 1/3 cup; cooked oatmeal 3/4 cup
- Whole wheat, spelt, or kamut berries
- 100% whole wheat, spelt, or kamut
- Whole grain rye crackers, 2 each
- Bread: mixed whole grain or 100% whole rye, 1 slice
- Whole wheat tortilla or pita, 1/2
- Low-carb tortillas, 2 small or 1 large
- Kashi® 7 Whole Grain Puffs cereal, 1 cup

Oils

Serving size: 1 tsp. or as indicated

Oils should be cold pressed
(1 serving = approximately 40 calories)

Plant Oils

- Avocado (fruit), 1/8
- Coconut milk, light, 3 tbsp.
- Coconut milk, regular, 1 1/2 tbsp.
- Flaxseed oil (refrigerate)
- Olives, 8-10 medium
- Olive oil, extra virgin (preferable)

Cooking Oils

- Olive oil
- Canola oil
- Coconut oil, 1 tsp -Ghee (clarified butter) 1 tsp.
- Grapeseed oil, 1 tsp.
- Earth Balance® spread, 1 1/2 tsp.

Wake Up

Time: _____

Morning Meal

Time: _____

Snack

Time: _____

Mid-day Meal

Time: _____

Snack

Time: _____

Evening Meal

Time: _____

Snack

Time: _____

Water/Drinks (Not listed with meals above):

Activity/Exercise

Type: _____

Duration: _____

Relaxation/Sleep

Type: _____

Duration: _____