



Mito-Ketoflex Food Plan

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:

- ☐ Egg—1; or 2 egg whites
- ☐ **Fish, Omega-3 rich: Alaskan salmon, cod, halibut, herring, Atlantic mackerel, sardines, shrimp, tuna, etc.—1 oz**
- ☐ **Meat: Beef, buffalo, elk, lamb, venison, other wild game—1 oz**
- ☐ Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.—1 oz

Plant Protein:

- ☐ Spirulina—2 T
- ☐ Tempeh—1 oz
- ☐ Tofu (firm/extra firm)—1½–2 oz
- ☐ Tofu (soft/silken)—3 oz

Protein Powder:

- ☐ Check label for # grams/scoop (1 protein serving = 7 g protein)
- Egg, hemp, pea, rice, soy, protein

1 serving as listed = 35–75 calories, 5–7 g protein, 3–5 g fat, 0–4 g carbs
Average protein serving is 3–4 oz (size of palm of hand).

LEGUMES

Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

- ☐ Bean soups—¾ c
- ☐ Black soybeans (cooked)—½ c
- ☐ Dried beans, lentils, or peas (cooked)—½ c
- ☐ Edamame (cooked)—½ c
- ☐ Flour, legume—¼ c
- ☐ Green peas (cooked)—½ c

- ☐ Hummus or other bean dips—⅓ c
 - ☐ Refried beans, vegetarian—½ c
- 1 serving = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs

DAIRY ALTERNATIVES

Proteins/Carb

Servings/day _____

Unsweetened, organic preferred

Dairy Alternatives:

- ☐ Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, soy—8 oz
 - ☐ Yogurt: **Coconut**, soy (cultured)—6 oz
- 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
- ☐ Nut cheeses (almond, cashew, etc.)—1 oz
- ☐ 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
- ☐ Chocolate, dark (70% or higher cocoa)—1 oz
- ☐ **Coconut milk, regular (canned)**—½ T
- ☐ **Coconut milk, light (canned)**—3 T
- ☐ Mayonnaise (unsweetened)—1 t
- ☐ **Oils, cooking: Avocado, coconut, grapeseed, MCT, olive (extra virgin),** rice bran, sesame—1 t
- ☐ **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), dairy free—1 T
- ☐ Salad dressing made with the above oils—1 T

1 serving = 45 calories, 5 g fat

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 _____

- | | |
|---|---|
| ☐ Artichoke | ☐ Horseradish |
| ☐ Arugula | ☐ Jicama |
| ☐ Asparagus | ☐ Kohlrabi |
| ☐ Bamboo shoots | ☐ Leeks |
| ☐ Beets (cubed) | ☐ Lettuce, all |
| ☐ Bok choy | ☐ Microgreens |
| ☐ Broccoflower | ☐ Mushrooms |
| ☐ Broccoli | ☐ Okra |
| ☐ Brussels sprouts | ☐ Onions |
| ☐ Cabbage | ☐ Parsley |
| ☐ Carrots | ☐ Peppers, all |
| ☐ Cauliflower | ☐ Radishes |
| ☐ Celeriac root | ☐ Salsa |
| ☐ Celery | ☐ Scallions |
| ☐ Chard/Swiss chard | ☐ Sea vegetables |
| ☐ Chives | ☐ Shallots |
| ☐ Cilantro | ☐ Snap peas/snow peas |
| ☐ Cucumbers | ☐ Spinach |
| ☐ Daikon radish | ☐ Sprouts, all |
| ☐ Eggplant | ☐ Squash: Delicata, |
| ☐ Endive | pumpkin, spaghetti, |
| ☐ Fennel | yellow, zucchini, etc. |
| ☐ Fermented | ☐ Tomato |
| vegetables: | ☐ Tomato juice— $\frac{3}{4}$ c |
| Kimchi, pickles, | ☐ Turnips |
| sauerkraut, etc. | ☐ Vegetable juice— $\frac{3}{4}$ c |
| ☐ Garlic | ☐ Water chestnuts |
| ☐ Green beans | ☐ Watercress |
| ☐ Greens: Beet, | |
| collard, chicory, | |
| dandelion, | |
| escarole, kale, | |
| mustard, purslane, | |
| radicchio, turnip, | |
| etc. | |

1 serving = $\frac{1}{2}$ c, 1 c raw greens = 25 calories, 5 g carbs

Organic, non-GMO fruits, vegetables, herbs and spices preferred

VEGETABLES Starchy

Carbs

Servings/day _____

- | | |
|--|---|
| ☐ Acorn squash | ☐ Potato: Purple, red, |
| (cubed)—1 c | sweet, yellow— $\frac{1}{2}$ med |
| ☐ Butternut squash | ☐ Potatoes |
| (cubed)—1 c | (mashed)— $\frac{1}{2}$ c |
| ☐ Plantain— $\frac{1}{3}$ c | ☐ Root vegetables: |
| or $\frac{1}{2}$ whole | Parsnip, rutabaga— $\frac{1}{2}$ c |
| | ☐ Yam— $\frac{1}{2}$ med |

1 serving = 80 calories, 15 g carbs

Low Glycemic Impact Recommendations

Limit to 1-2 serving per day

FRUITS

Carbs

Servings/day _____

Unsweetened, no sugar added

- | | |
|--|---|
| ☐ Apple —1 sm | ☐ Nectarine—1 sm |
| ☐ Applesauce— $\frac{1}{2}$ c | ☐ Orange—1 sm |
| ☐ Apricots—4 | ☐ Papaya—1 c |
| ☐ Banana— $\frac{1}{2}$ med | ☐ Peach—1 sm |
| ☐ Blackberries — $\frac{3}{4}$ c | ☐ Pear—1 sm |
| ☐ Blueberries — $\frac{3}{4}$ c | ☐ Persimmon— $\frac{1}{2}$ |
| ☐ Cherries —12 | ☐ Pineapple— $\frac{3}{4}$ c |
| ☐ Dates or figs—3 | ☐ Plums—2 sm |
| ☐ Dried fruit—2 T | ☐ Pomegranate |
| ☐ Figs—3 | seeds — $\frac{1}{2}$ c |
| ☐ Grapefruit— $\frac{1}{2}$ | ☐ Prunes—3 med |
| ☐ Grapes —15 | ☐ Raspberries —1 c |
| ☐ Kiwi—1 med | ☐ Strawberries — $1\frac{1}{4}$ c |
| ☐ Mango— $\frac{1}{2}$ sm | ☐ Tangerines—2 sm |
| ☐ Melon, all—1 c | |

1 serving = 60 calories, 15 g carbs

Low Glycemic Impact Recommendations

Limit to 1-2 servings per day; limit dried fruit and fruit juices

GLUTEN-FREE GRAINS

Carbs

Servings/day _____

Unsweetened, sprouted, organic preferred

- | | |
|--|--|
| ☐ Amaranth— $\frac{1}{3}$ c | ☐ Quinoa— $\frac{1}{2}$ c |
| ☐ Buckwheat/ | ☐ Rice: Basmati, black, |
| kasha— $\frac{1}{2}$ c | brown, purple, red, |
| ☐ Crackers: Nut, rice, | wild— $\frac{1}{3}$ c |
| seed—3-4 | ☐ Teff— $\frac{3}{4}$ c |
| ☐ Millet— $\frac{1}{2}$ c | All grain servings are for |
| ☐ Oats: Rolled, steel- | cooked amounts. |
| cut— $\frac{1}{2}$ c | |

1 serving = 75-110 calories, 15 g carbs

Low Glycemic Impact Recommendations

Short term: Consider removal

Long term: Limit to 1-2 servings per week

BEVERAGES, SPICES & CONDIMENTS

Unsweetened, no sugar added

- | | |
|---|--|
| ☐ Black tea | ☐ Herbs and Spices: |
| ☐ Coffee | Curcumin, |
| ☐ Filtered water | marjoram, oregano, |
| ☐ Fresh juiced fruits/ | sage, etc. |
| vegetables | ☐ Condiments: |
| ☐ Ginkgo biloba tea | Lemon/lime juice, |
| ☐ Green tea | miso, mustard, |
| ☐ Sparkling/mineral | tamari, vinegars, |
| water | etc.—use sparingly, |
| ☐ Unsweetened | suggest 1 T or less |
| coconut water | per serving |
| ☐ Yerba mate | |

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