

# FirstLineTherapy® Menu Plan Worksheet

Food Groups	
_____ Medical Food	_____ servings per day
<u>4</u> Concentrated Protein	_____ serving(s) per day
<u>1</u> Legumes	_____ serving(s) per day
<u>3</u> Dairy/ Alternatives	_____ serving(s) per day
<u>4</u> Nuts Seeds	_____ serving(s) per day
<u>4</u> Category 1 Vegetables	minimum 3-4
<u>3</u> Category 2 Vegetables	_____ serving(s) per day
<u>5</u> Fruits	_____ serving(s) per day
<u>6</u> Grains	_____ serving(s) per day
<u>6</u> Oils	_____ serving(s) per day
<b>3000</b> 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: \_\_\_\_\_ 1 grain, 1 nut

## Morning Meal

Time: \_\_\_\_\_ 4 grains, 2 dairy, 2 fruit,  
1 protein

## Snack

Time: \_\_\_\_\_

## Mid-day Meal

Time: \_\_\_\_\_ 1 grain, 1 protein, 1 veggie,  
2 oils, 1 fruit

## Snack

Time: \_\_\_\_\_ 1 dairy, 1 fruit (can be put  
after dinner if desired)

## Evening Meal

Time: \_\_\_\_\_ 2 proteins, 3 cat 2 veggies,  
4 oils, 3 veggies, 1 fruit,  
1 legume (or grain)

## Snack

Time: \_\_\_\_\_

**Water/Drinks**  
(Not listed with meals above):

70-80 Oz per day

## Activity/Exercise

Type:  
Duration:

## Relaxation/Sleep

Type:  
Duration: