

The Metabolic Foundation Plan

SHED

Protein first

Fiber focus

Nutrient-rich

Gut support



Lean Proteins	Medium Lean Proteins	Non-starchy veggies	Carbs	Fats	Gut-health
<p>Egg whites or substitutes</p> <p>Beef (95/5 90/10 ground, sirloin, Steak (flank, tenderloin, filet, round)</p> <p>Bison</p> <p>Chicken (breast, ground, canned)</p> <p>Turkey (breast or lean ground)</p> <p>Lamb (trimmed)</p> <p>Pork (lean ham, canadian bacon, tenderloin)</p> <p>Veal</p> <p>Venison</p> <p>Fish (fresh or frozen)</p> <p>Shellfish (fresh or frozen)</p> <p>Sardines (canned)</p> <p>Tuna (in water canned)</p> <p>Cottage Cheese (0-4%)</p> <p>Plain Greek yogurt (0-2%)</p> <p>Light or reduced fat cheese (<55 cal/oz)</p> <p>Skim or 1% milk</p> <p>Plain non-fat yogurt</p> <p>Protein powder</p> <p>Plant based:</p> <p>Tofu</p> <p>Tempeh</p> <p>Natto</p> <p>Spirulina</p> <p>Nutritional yeast</p> <p>Seitan</p>	<p>Eggs</p> <p>Beef (ground 80/20)</p> <p>Beef (roast, chuck, t-bone)</p> <p>Chicken (with skin-thighs, legs, wings)</p> <p>Chicken sausage</p> <p>Lamb (chops, roast, leg)</p> <p>Pork (chops, roast, leg)</p> <p>Turkey (with skin-thighs, legs, wings)</p> <p>Turkey bacon</p> <p>Turkey pepperoni</p> <p>Veal (cutlets)</p> <p>Salmon (fresh, frozen, canned)</p> <p>Tuna (in oil)</p> <p>Feta cheese</p> <p>Mozzarella</p> <p>Ricotta</p> <p>2% Milk</p> <p>Whole milk</p> <p>Whole milk plain yogurt</p> <p>Plant-based</p> <p>Soy milk</p>	<p>Artichoke</p> <p>Asparagus</p> <p>Beets</p> <p>Bell peppers</p> <p>Broccoli</p> <p>Brussels sprouts</p> <p>Cabbage</p> <p>Carrots</p> <p>Cauliflower</p> <p>Celery</p> <p>Cucumber</p> <p>Eggplant</p> <p>Greens</p> <p>Lettuce greens</p> <p>Mushrooms</p> <p>Onions</p> <p>Spinach</p> <p>Zucchini</p> <p>Tomato</p> <p>Radishes</p> <p>Jicama</p> <p>Turnips</p> <p>Snap peas</p>	<p>Whole fruits:</p> <p>Apple</p> <p>Berries</p> <p>Banana</p> <p>Melon</p> <p>Pineapple</p> <p>Orange</p> <p>Pears</p> <p>Cherries</p> <p>Kiwi</p> <p>Mango</p> <p>Peach</p> <p>Plum</p> <p>Dates</p> <p>Apricots</p> <p>Starchy veggies:</p> <p>Corn</p> <p>Peas</p> <p>Plantains</p> <p>Potato</p> <p>Beets</p> <p>Sweet potato</p> <p>Butternut squash</p> <p>Pumpkin</p> <p>Grains:</p> <p>Whole grain or high fiber bread, wraps, pita</p> <p>Tortillas (corn, high fiber)</p> <p>Pasta</p> <p>Quinoa</p> <p>Oats</p> <p>Pasta (whole grain, fiber-rich, protein)</p> <p>Rice (brown, wild, basmati, jasmine)</p> <p>Beans & legumes:</p> <p>Chickpeas</p> <p>Edamame</p> <p>Lentils</p> <p>Black</p> <p>White</p> <p>Pinto</p>	<p>Unsaturated</p> <p>Avocado</p> <p>Avocado oil</p> <p>Olive oil</p> <p>Olives</p> <p>Gucamole</p> <p>Nuts/Seeds:</p> <p>Almonds</p> <p>Brazil</p> <p>Cashews</p> <p>Hazelnuts</p> <p>Macadamia</p> <p>Peanuts</p> <p>Pecans</p> <p>Pistachios</p> <p>Walnuts</p> <p>Chia seeds</p> <p>Flaxseeds</p> <p>Hemp seeds</p> <p>Pumpkin seeds</p> <p>Sesame seeds</p> <p>All natural nut butters (peanut, almond, cashew, sunflower)</p> <p>Tahini</p> <p>Saturated</p> <p>Butter</p> <p>Coconut (oil, milk, meat)</p> <p>Cream</p> <p>Cream cheese</p> <p>Ghee</p> <p>Half & Half</p> <p>Mayonnaise</p> <p>Salad dressing</p> <p>Sour cream</p> <p>Cheese</p> <p>Cheddar</p> <p>Swiss</p> <p>American</p> <p>Muenster</p>	<p>Prebiotic-rich:</p> <p>Asparagus</p> <p>Bananas (green)</p> <p>Berries</p> <p>Garlic</p> <p>Jerusalem artichokes</p> <p>Leeks</p> <p>Onion</p> <p>Whole grains (especially oats)</p> <p>Probiotic-rich:</p> <p>Apple cider vinegar (unfiltered raw with “the mother”)</p> <p>Fermented soy products: mis, tepeh, nato</p> <p>Fermented vegetables (no added sugar)</p> <p>Kimchi</p> <p>Pickles (no added sugar)</p> <p>Pain kefir</p> <p>Sauerkraut (no added sugar)</p> <p>Yogurt (with live cultures)</p> <p>Fiber-rich foods:</p> <p>Navy beans</p> <p>White beans</p> <p>Black beans</p> <p>Pumpkin</p> <p>Artichoke</p> <p>Brussels sprouts</p> <p>Berries</p> <p>Apple with skin</p> <p>Orange</p> <p>Popcorn</p> <p>Flax seeds</p> <p>Chia seeds</p>
<p>3-4 oz or ¼ - 1 cup serving/meal</p> <p>Protein targets: 25-30 g per meal</p> <p>1.2-1.6 g/kg IBW or goal weight/d</p>	<p>3-4 oz or ¼ - 1 cup serving/meal</p> <p>Protein targets: 25-30 g per meal</p> <p>1.2-1.6 g/kg IBW or goal weight/d</p>	<p>½-1 cup cooked and 1-2 cups raw serving/meal</p> <p>Aim for at least 4 cups/d</p>	<p>Fruits: ~ 1 cup or 1 medium.</p> <p>Aim for 2 servings/d</p> <p>Starchy vegetables, Grains, Beans/Legumes: ½ cup/ meal</p>	<p>Prioritize unsaturated fat over saturated fat</p> <p>1 Tbsp/ meal</p>	<p>Incorporate both prebiotic, probiotic and fiber-rich foods</p> <p>For fiber: Woman: ~25g/ day Men: ~ 38g/ day</p>

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Protein first

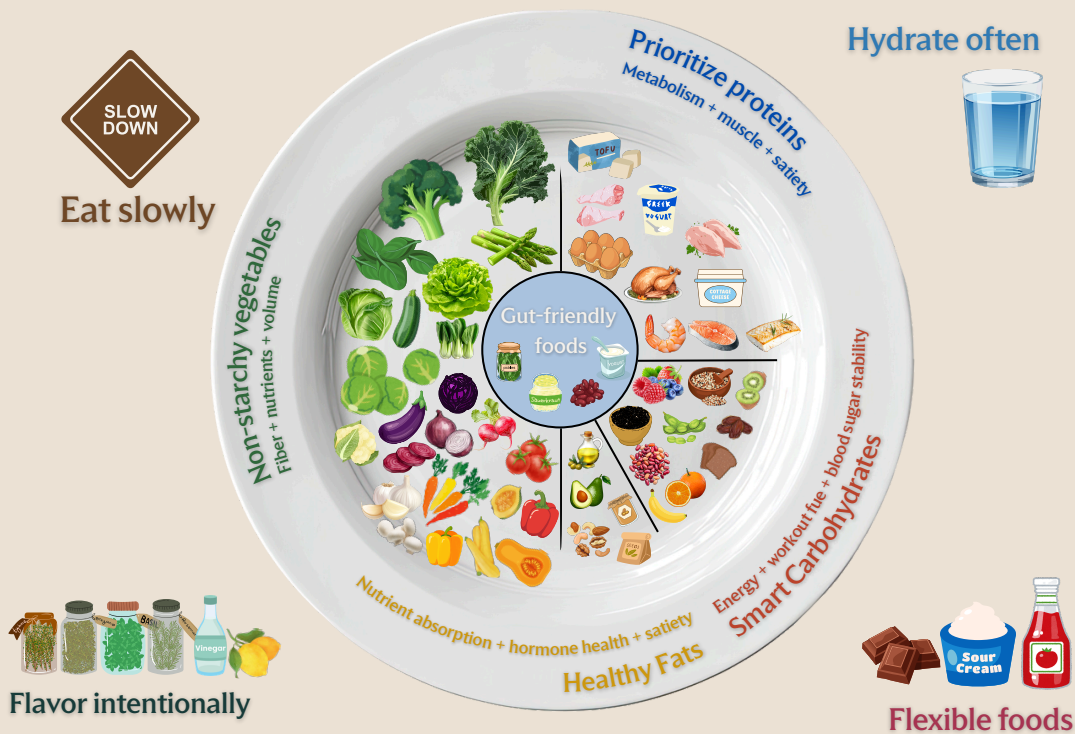
Fiber focus

Nutrient-rich

Gut support

Step-by-step guide to build a plate

1. Prioritize protein
2. Load up on non-starchy vegetables
3. Choose fiber-rich & complex carbs
4. Add healthy fats
5. Include fermented or fiber-rich foods for gut health
6. Flavor and season with intention



Portions

<p>Palm of hand = 3oz (meat, poultry, thick fish filet)</p>	<p>Full hand with fingers = 4oz (thin fish filet)</p>	<p>Clenched fist = 1 cup (fruits, raw vegetables, cottage cheese, yogurt)</p>
<p>Full thumb = 1oz (cheese)</p>	<p>Tip of finger = 1 tsp (butter, oil)</p>	<p>Cupped hand: 1/2 cup (cooked vegetables, grains, beans/legumes)</p>
<p>Tip of thumb = 1Tbsp (chia seeds, nut butter)</p>		

Flexible foods and beverages

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| Decaffeinated black coffee | Balsamic vinegar |
| Decaffeinated black or herbal tea | Dark chocolate |
| Fruit infused water | Fat-free sour cream |
| Water | Fat-free whipped topping |
| Unsweetened or natural sweetened ice-tea | Heart of pal noddles |
| Cauliflower rice | Low-sodium broth |
| Horseradish | Low-sodium soy sauce |
| Hot sauce | Ketchup |
| Non-starchy vegetable list | No added or low sugar bbq sauce |
| Vinegar | Powdered peanut butter |
| Zucchini noddles | Unsweetened pickles |
| | Salsa |
| | Sugar-free chocolate chips |
| | Sugar-free cocoa |
| | Unsweetened almond or coconut milk |