

## Plan I

	Use Liberally -- Healthy Choices				Limited Use -- Healthy Choices			
Food group	Raw Vegetables	Cooked Vegetables	Fruit	Beans, Legumes	Starchy Vegetables	Grains	Nuts, Seeds	Fats
<b>Serving size</b>	1/2 cup (1 cup lettuce)	1/2 cup	1 med piece; 1/2 cup chopped	1/2 cup cooked	1/2 cup	1/2 cup	1/3 cup; 1 Tbsp flaxseed & sesame seed	1/4 avocado; 5 olives
<b>Daily allowance</b>	Unlimited -- aim for 1 pound	Unlimited -- aim for 1 pound	4+ servings	2+ servings	2 servings total, or less		1 serving	1 serving
	Asparagus	Artichokes	Apples	Black beans	Bamboo shoots	100% Whole wheat	Almonds	Avocados
	Broccoli	Asparagus	Berries	Black-eyed peas	Cooked carrots	Barley	Black walnuts	Olives
	Cabbage	Bok Choy	Cantaloupe	Cannellini beans	Corn	Brown rice	Brazil nuts **	
	Cauliflower	Broccoli	Cherries	Cowpeas	Parsnips	Bulgur	Cashews **	
	Celery	Brussels sprouts	Figs	Garbanzos	Potatoes	Kasha	English walnuts	
	Cucumber	Cabbage	Grapefruit	Green peas	Pumpkin	Millet	Filberts **	
	Lettuce	Cauliflower	Grapes	Kidney beans	Sweet potatoes	Oat bran	Flaxseed	
	Mushrooms	Celery	Kiwi	Lentils	Turnips	Oatmeal	Hazelnuts **	
	Onions	Eggplant	Lemons	Lima beans	Winter squash	Quinoa	Macadamias **	
	Raw carrots	Garlic	Limes	Navy beans	Yams	Teff	Pecans	
	Raw peas	Greens	Melons	Pinto beans		Wheat bran	Pignolias	
	Snow peas	Mushrooms	Nectarines	Red beans		Wheat germ	Pine nuts	
	Spinach	Okra	Oranges	Soy beans		Whole grain pasta	Pumpkin seeds	
	Sweet peppers	Onions	Peaches	Split peas		Wild rice	Sesame seeds	
	Tomato	Spinach	Pineapple	Tofu (1 cup)				
	Zucchini	String beans	Tangerines	White beans				
		Summer squash						
		Swiss chard						
		Tomato						
		Zucchini						

\*\* Use these sparingly as they are higher in saturated fat.

## Plan I

Exclude From Use -- Undesirable Choices								
Food group	Fruit	Vegetables	Grains	Nuts & Seeds	Sweeteners	Meat & Meat Alternatives	Dairy & Nondairy Alternatives	Fats & Oils
	Canned	Breaded	"Wheat" bread (100% whole wheat is not 1st ingredient) and all refined grains	Other than raw (okay to lightly toast at home)	Date sugar, dates	Bacon	Almond milk, rice milk	Bacon
	Juices	Canned	Cream of rice	Roasted	Dextrose, fructose, lactose, maltodextrin, maltose, sucralose, sucrose	Beef	Butter	Butter
	Sweetened/Sugar added	Fried	Cream of wheat	Salted	High fructose corn syrup	Chicken, turkey, other poultry	Buttermilk	Canola oil
	Dried Fruit		Farina		Honey	Fish	Cheese	Coconut/palm oils
			Grits		Hydrogenated starch hydrolysate (HSH)	Game meats	Coffee creamers	Corn oil
			White (semolina or durum) pasta		Maltitol, mannitol, sorbitol	Ham	Cream cheese	Flaxseed oil
			White bread		Maple syrup	Hot dogs	Egg Beaters	Lard
			White rice		Molasses	Luncheon meats	Egg whites	Meat drippings
					Nutra Sweet (aspartame)	Other prepared meats	Eggnog	Margarine
					Splenda	Pork	Ice cream	Olive oil
					Stevia	Sausages	Milk, skim or whole	Peanut oil
					Sweet & Low (saccharin)	Shellfish	Sour cream	Safflower oil
						Soy burgers, crumbles, and other meat replacements	Soy cheese, soy milk, soy yogurt	Salad oil
							Whipped cream	Shortening
							Yogurt	Sunflower oil
								Vegetable oil

Exclude From Use -- Undesirable Choices			
Refined Foods	Food Additives	Salt/Sodium	Beverages
Breakfast bars, energy bars	All preservatives, flavor enhancers, thickening agents, food colorings such as:	Bouillon	Alcoholic beverages
Cakes, cookies, donuts, pastries, pies	Blue 1, Green 3, Yellow 6	Canned soups & other foods	Coffee (including decaf)
Candy, chocolate	Casein	Ketchup	Juice
Jams, jellies	Hydrolyzed vegetable protein (HVP)	Pickles	Soft drinks
Peanut butter	Monosodium glutamate (MSG)	Soy sauce & Bragg's aminos	Tea
Dip	Nitrates & nitrites	Table salt	
Energy drinks	Potassium bromate		
Chips	Sulfur dioxide		

# Daily Health Tracking Chart (Nutrition Plan I)

Goals		Points	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Barriers & Comments
<b>Physical Activity</b>										
Aerobic	Work up to 30+ min. 5-7 days/week	6								
Strength	Work up to 20+ min. 2-5 days/week	5								
Stretching	Every Day	2								
<b>Nutrition Plan I</b>										
Fruits	Work up to 4+ servings per day	1								
Vegetables	Unlimited non-starchy 6+ servings per day	1								
Beans/ Legumes	Work up to 1+ cups per day per day	1								
W. Grains/Starch Veg	1 cup whole grain or starchy veg. per day	1								
Nuts/Seeds	1 ounce raw mixed per day no salt per day	1								
Meat	Eliminate	1								
Dairy	Eliminate	1								
Refined Foods	Eliminate	1								
Snacking	Eliminate	1								
Sodium	No added, eat unprocessed foods	1								
Fats & Oils	Eliminate	1								
Soda/Juice	Eliminate	1								
Water	6-10, 8 ounce glasses per day	1								
Supplement	2 Tbl fresh ground flax seed (keep frozen), B-12 is needed if this is your life plan, consider vitamin D3	1								
<b>Health Habits</b> List your activity below										
1 on 1 time w/the Lord		6								
7-8 hrs sleep/day		2								
<b>Stress Reduction</b> List your activity below										
		1								
		1								
<b>Total Points Per Day</b>		37								

If you eat more than is indicated for an area subtract 1 point

For optimal health, try to earn 34 or more points each day !

## Plan I Example Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
- Basic Fruit Smoothie* w/ spinach and ground flax seed (2 Tbs) Try 50/50 blend of spinach to fruit. - ground flax seed (2 Tbs)	- 2 fruits - ground flax seed (2 Tbs) - handful 1oz mixed no salt raw nuts	- 2 fruits -Scrambled Tofu* ¾ cup - ground flax seed (2 Tbs)	- Basic Fruit Smoothie* w/ spinach and ground flax seed (2 Tbs) Try 50/50 blend of spinach to fruit. - handful 1oz mixed no salt raw nuts	- 2 fruits - Oatmeal with raw nuts, raisins, 1 T maple syrup, 2T ground flax seed and soy milk	- 2 fruits - handful 1oz mixed no salt raw nuts	- 2 fruits - Sweet Breakfast Rice* - ground flax seed (2 Tbs)
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
- 2 fruits - romaine, spinach, spring salad w/ carrots, tomato, cucumber, mushrooms, etc. -canned rinsed beans - Salsa for dressing	- 2 fruits - black bean mango salad* on romaine, spinach, or spring salad. - Put all ingredients into a whole wheat pita pocket.	- 2 fruits - romaine, spinach, spring salad w/ Bean Salad* on top. - Salsa, lemon, or 1 Tbs dressing -left over Italian Vegetable soup	- 2 fruits - romaine, spinach, spring salad - carrots, tomato, cucumber, mushrooms, etc. – Add left over Brown Lentils to the salad	- 2 fruits - romaine, spinach, spring salad - Salsa, lemon or other approved dressing - with Mexicali Corn Salad*or left over Quick 3 Bean Chili on top	- 2 fruits - romaine, spinach, spring salad - Deluxe Three Bean Salad* -canned rinsed beans - Salsa, lemon or 1 Tbs dressing	- 2 fruits - Tabbouleh w/ Chickpeas* - Hummus* w/romaine leaves - lemon or 1 Tbs dressing
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
- 2 + cups of steamed broccoli - spicy black beans* w/ 1 cup brown rice	- Big salad or 2+ cups of vegetables - Italian Vegetable Soup*	- Big salad or 2+ cups of vegetables - Brown Lentils* on 1 cup brown rice	- Big salad or 2+ cups of vegetables - Quick 3 Bean Chili*	- Main Dish Haystack* Consider using ½ a whole wheat pita pocket instead of chips as the base.	- big salad w/ approved ingredients - Spiced vegetables and couscous* - strawberries, frozen or fresh	- big salad w/ approved ingredients - vegetable stir fry

\* Refer to the cookbook for this recipe.