

Plan III

	Use Liberally -- Healthy Choices				Limited Use -- Healthy Choices			
Food group	Raw Vegetables	Cooked Vegetables	Fruit	Beans, Legumes	Starchy Vegetables	Grains	Nuts, Seeds	Fats & Oils
Serving size	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 Tbsp oil; 1/4 avocado; 5 olives
Daily allowance	Unlimited -- aim for 1 pound	Unlimited -- aim for 1 pound	4+ servings	2+ servings	2 - 6 servings		1 serving	1 serving
Asparagus	Artichokes	Apples	Black beans	Bamboo shoots	100% Whole wheat	Almonds	Avocadoes	
Broccoli	Asparagus	Berries	Black-eyed peas	Cooked carrots	Barley	Black walnuts	Canola oil	
Cabbage	Bok Choy	Cantaloupe	Cannellini beans	Corn	Brown rice	Brazil nuts **	Flaxseed oil	
Cauliflower	Broccoli	Cherries	Cowpeas	Parsnips	Bulgur	Cashews **	Olive oil	
Celery	Brussels sprouts	Figs	Garbanzos	Potatoes	Kasha	English walnuts	Olives	
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.

	Use Sparingly							
Food group	Fruit	Fats & Oils	Dairy	Non-Dairy Alternatives	Sweeteners	Meat	Meat Alternatives	Salt/Sodium
Serving size	1 med piece; 1/2 cup chopped; 1/4 cup dried	1 Tbsp.	1 1/2 oz. Cheese; 1/2 cup milk, 1/2 cup yogurt; 2 egg whites	1/2 cup	1 tsp.	3 oz. Cooked (the size of a deck of cards)	3 oz. Cooked	None: Make every effort to avoid salt.
Daily allowance	1 serving	1 serving	< 3 servings/ <i>week</i>	1 serving	2-3 servings/ <i>week</i>	<4 servings/ <i>week</i>	1 serving	1500 mg/ 1/3 tsp.
Dried fruit	Canola oil	Egg Beaters	Almond milk	Dates, ground dates	Chicken, turkey, & other fowl	Meat-flavored broths	Canned beans	
Unsweetened canned fruit, used as condiment only	Flaxseed oil (keep refrigerated)	Egg whites	Coconut milk	Honey	Game meats	Soy/veggie burgers, nuggets, "crumbles," etc.	Ketchup	
	Olive oil	Nonfat dairy products	Rice milk	Molasses	Halibut		Mustard	
			Soy cheeses	Maple syrup	Salmon		Salad dressings	
			Soy milk		Sardines			
			Soy yogurt		Tuna			

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Exclude From Use -- Undesirable Choices								
Food group	Fruit	Vegetables	Grains	Nuts & Seeds	Fats & Oils	Dairy Products	Nondairy Alternatives	Meats
	Fruit juices	Breaded	"Wheat" bread (100% whole wheat is not 1st ingredient)	Other than raw (okay to lightly toast at home)	Bacon	Butter	Nondairy coffee creamers	Bacon
	Sweetened canned fruit	Canned	All refined grains	Roasted	Butter	Buttermilk (except nonfat)	Nondairy whipped cream	Beef
		Fried	Cream of rice	Salted	Coconut/palm oils	Cheese (except nonfat)		Ham
			Cream of wheat		Corn oil	Coffee creamers		Hot dogs
			Farina		Lard	Cream cheese		Luncheon meats
			Grits		Meat drippings	Eggnog		Other prepared meats
			Semolina pasta		Most margarines	Ice cream		Pates, spreads
			White bread		Peanut oil	Milk (except nonfat)		Pork
			White rice		Safflower oil	Sour cream		Sausages
					Salad oil	Whipped cream		Shellfish
				Shortening	Yogurt			
				Sunflower oil				
				Vegetable oil				

Exclude From Use -- Undesirable Choices					
Food group	Refined Foods	Sugar Substitutes	Food Additives	Salt/Sodium	Beverages
	Breakfast bars, energy bars	Dextrose, fructose, lactose, maltodextrose, maltose, sucralose, sucrose	All preservatives, flavor enhancers, thickening agents, food colorings such as:	Bouillon	Alcohol
	Cakes, cookies, donuts, pastries, pies	High fructose corn syrup	Blue 1, Green 3, Yellow 6	Bragg's aminos	Coffee (incl. decaf)
	Candy, chocolate	Hydrogenated starch hydrolysate (HSH)	Casein	Canned soups & other foods	Juices
	Chips	Maltitol, mannitol, sorbitol	Hydrolyzed vegetable protein (HVP)	Fast food, processed foods, TV dinners	Soft drinks
	Crackers	Nutra Sweet (aspartame)	Monosodium glutamate (MSG)	Pickles	Tea
	Dip	Splenda	Nitrates & nitrites	Sodium bisulfite	
	Energy drinks	Stevia	Potassium bromate	Sodium caseinate	
	Jams, jellies	Sweet & Low (saccharin)	Sulfur dioxide	Soy sauce	
	Peanut butter			Table salt	

Daily Health Tracking Chart (Nutrition Plan III)

Goals		Points	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Barriers & Comments
Physical Activity										
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								
Nutrition Plan III										
Fruits	work up to 4+ servings per day	1								
Vegetables	Unlimited non-starchy 4+ servings per day	1								
Beans/ Legumes	Work up to 1+ cups per day per day	1								
W. Grains/Starch Veg	1-3 cups whole grain or starchy veg. per day	1								
Nuts/Seeds	1 ounce raw mixed per day no salt per day	1								
Meat, Dairy, Refined Foods	10% or less of daily calories. 100 calorie examples: 3oz lean meat, 1 slice cheese, 1 cup 1% milk, 3 egg whites, 1.5 eggs, (rarely eat red or full fat meat/dairy) 1/3 Snickers, 1 granola bar, 1/3 bagel, 1/2 cup white pasta, 8 Doritos nacho cheese chips	3								
Snacking	Only with fruit, veggies, beans, or nuts	1								
Sodium	No table salt, <1mg per calorie for processed foods	1								
Fats & Oils	Eliminate	1								
Soda/Juice	No Soda / Limit 100% Juice to 3 servings or less	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								
Health Habits List your activity below										
1 on 1 time w/the Lord		6								
7-8 hrs sleep/day		1								
Stress Reduction List your activity below										
		1								
		1								
Total Points Per Day		36								

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

For optimal health, try to earn 33 or more points each day !

Plan III Example

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
- 2 fruits - Healthy Breakfast Burrito* - handful 1oz mixed raw nuts	- 2 fruits - Apple Bran Muffin* - <i>low fat yogurt</i>	- Tofu Banana Bread* - Basic Fruit Smoothie* add 50% spinach	- 2 fruits - Maple Walnut Granola* - soy, <i>skim milk</i> - handful 1oz mixed nuts	- 2 fruits - scrambled tofu eggs* - handful 1 oz mixed nuts	- 1 fruit - whole wheat toast w/ peanut butter, bananas & warm apple sauce on top	- <i>egg beaters</i> - Wonderful Waffle* with real maple syrup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
- big salad w/ approved ingredients - 3 hard boiled egg whites - Deluxe Three Bean Salad* - 1 fruit	- pre made garden burger (basil, spicy black bean, regular, or griller) on a whole grain bun - 2+ cups steamed vegetable - fruit	- big salad - <i>grilled chicken breast on top</i> - Spicy Black Beans* - 2 fruits - or leftover tortilla casserole	- Marinated chickpea salad* - 2+ cups steamed vegetable - 1 fruit	- big salad w/ approved ingredients - Salsa Burritos*	- Hummus* w/ ½ whole wheat pita bread pocket - Tabbouleh w/ Chickpeas* - 2 fruits	- Bean Wrap* - 2+ cups steamed vegetable - 2 fruits
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
- Sloppy tofu*sandwich on whole grain bread* - 2 cups steamed broccoli - 1 fruit	- big salad w/ approved ingredients - Black Bean Tortilla Casserole* - 1 fruit	- Chinese takeout steamed tofu & mix vegetables w/ sauce on the side. heavy on vegetables and light on the rice 1 quart = 2 or 3 meals - Basic Vegetable Stir Fry* w/ 1 cup brown rice	- big salad w/ approved ingredients - Portabella Parmesan* - Italian Cauliflower* - 1 fruit	- <i>Baked Salmon</i> - Roasted Sweet Potatoes with Rosemary* - 2+ cups steamed vegetable - 1 fruit	- <i>BBQ chicken dinner</i> - Oven Fried Potatoes* - 2+ cups steamed vegetable - 1 fruit	- Red Beans & Rice – Louisiana Style* - 2+ cups steamed vegetable

* Refer to the cookbook for this recipe.