

Plan II

	Use Liberally -- Healthy Choices				Limited Use -- Healthy Choices			
Food group	Raw Vegetables	Cooked Vegetables	Fruit	Beans, Legumes	Starchy Vegetables	Grains	Nuts, Seeds	Fats
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	Avocados
	Broccoli	Asparagus	Berries	Black-eyed peas	Cooked carrots	Barley	Black walnuts	Canola oil
	Cabbage	Bok Choy	Cantaloupe	Cannelloni 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 -- Less Than Desirable				
Food group	Fruit	Non-Dairy Alternatives	Sweeteners	Meat Alternatives	Salt/Sodium
Serving size	1 med piece; 1/2 cup chopped; 1/4 cup dried	1/2 cup	1 tsp.	3 oz. Cooked (the size of a deck of cards)	None: Make every effort to avoid salt.
Daily allowance	1 serving	1 serving	2-3 servings/ week	1 serving	1500 mg/ 1/3 tsp.
	Dried fruit	Almond milk, rice milk	Dates, ground dates	Meat-flavored broths	Bragg's aminos
	Unsweetened canned fruit, used as condiment only	Soy cheese, soy milk, soy yogurt	Honey	Soy/veggie burgers, nuggets, "crumbles," etc.	Canned beans
			Molasses		Ketchup & Mustard
			Maple syrup		Salad dressings

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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)	Dextrose, fructose, lactose, maltodextrin, maltose, sucralose, sucrose	Bacon	Butter	Bacon
	Juices	Canned	Cream of rice	Roasted	High fructose corn syrup	Beef	Buttermilk	Butter
	Sweetened/Sugar added	Fried	Cream of wheat	Salted	Hydrogenated starch hydrolysate (HSH)	Chicken, turkey, other poultry	Cheese	Canola oil
			Farina		Maltitol, mannitol, sorbitol	Fish	Coconut milk	Coconut/palm oils
			Grits		Nutra Sweet (aspartame)	Game meats	Coffee creamers	Corn oil
			White (semolina or durum) pasta		Splenda	Ham	Cream cheese	Flaxseed oil
			White bread		Stevia	Hot dogs	Egg Beaters	Lard
			White rice		Sweet & Low (saccharin)	Luncheon meats	Egg whites	Meat drippings
						Other prepared meats	Eggnog	Margarine
						Pork	Ice cream	Olive oil
						Sausages	Milk, skim or whole	Peanut oil
						Shellfish	Sour cream	Safflower oil
						Soy burgers, crumbles, soy nuggets, etc.	Whipped cream	Salad oil
							Yogurt	Shortening
								Sunflower oil
								Vegetable oil

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

Daily Health Tracking Chart (Nutrition Plan II)

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 II										
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	1-3 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	Eliminate	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 II Example

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
- 2 fruits - Maple Walnut Granola* - soy milk - 2 Tbs. fresh ground flax seed	- 2 fruits - Apple Bran Muffin* -handful 1oz mixed raw nuts	- 2 fruits - Oatmeal with raw nuts, raisins, 1 T maple syrup, 2T ground flax seed and soy milk	- Basic Fruit Smoothie* w/ spinach and added ground flax seed (2 Tbs) - handful 1oz mixed unsalted raw nuts	- 1 fruits - Banana-walnut Pancakes with Blueberry Sauce* - 2 Tbs. fresh ground flax seed	- 2 fruits - Scrambled Tofu “eggs”* -Multigrain toast, 1 slice	- 2 fruits -Vegan French Toast* -2 Tbs fresh ground flax seed
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
- 1 fruit - romaine, spinach, spring salad with - carrots - tomato - cucumber - rinsed, canned garbanzo beans - Avocado Dressing*	- 2 fruits -Grilled Eggplant Sandwiches* - Large salad with dark greens, tomato, peppers, carrot, cucumber - Spicy Salad Dressing*	- 1 fruit - romaine, spinach, spring salad - carrots - tomato - cucumber - rinsed, canned black beans -Berry Dressing*	- 1 fruit - Lentil soup* - Large salad with tomato, peppers, carrot, cucumber - Salsa, lemon, or 1 Tbs dressing - Or leftovers from last night	- 2 fruit - Hummus* w/ ½ whole wheat pita bread - handful 1oz mixed raw nuts	- 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 -Or leftovers from last night	- 1 fruit - Bean wrap* - steamed frozen vegetables - handful 1oz mixed raw nuts
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
- Black beans* & brown rice - big serving of broccoli or - Spinach with Tomatoes* - fruit	- brown rice - Quick Chickpea Curry* - fruit	- Half Hour Chili* - Roasted Vegetables* - fruit	-Lucky Luau Kebabs* & brown rice - Kale with Raisins & Pine Nuts* -fruit	- Anything but Basic Salad* - Minestrone Soup* - 1 fruit	- herb tomato & chickpea soup* - 1 slice whole wheat garlic bread -steamed veggies frozen or fresh - fruit	- ½ veggie sub, wheat bread, mixed vegetables, light Italian salad dressing, no mayo or cheese - fruit

* Refer to the cookbook for this recipe.