

Advanced Prevention for Cardiovascular Disease

Nutrition to Lower Dietary Fat & Balance Blood Sugar

Concentrated Protein

3-4oz, 150 calories

- 2 whole eggs or 3 whites + 1 whole
- Egg Substitute (2/3 cup)
- Fish or shellfish
- Poultry: chicken, turkey, white meat
- Lamb: leg or lean roast
- Beef: very lean
- Pork: white meat
- Wild Game: buffalo, venison, elk
- Tofu
- Cottage Cheese: 1%-2% (¾ cup)
- Parmesan (6 Tbls)
- Semi-soft/hard cheese 1%-2% (1-2oz)
- Greek Yogurt, plain unsweetened

Nuts & Seeds

100 calories

- Almonds, hazelnuts (12 whole)
- Cashews (8 whole)
- Peanuts (18 whole)
- Walnuts, pecans (8 halves)
- Other nuts/seeds
Pistachio, pumpkin, sunflower, sesame, pinenuts (2 Tbls)
- Nut butter (1 Tbl)
- Chia Seeds, ground flax seeds

Legumes

110 calories

- Beans (½ cup):
black, cannellini, garbanzo kidney, lentil, lima, mung, navy, green peas, pinto, refried, soy (edamame)

Fruit

80 calories

- Apple (1 medium)
- Apricots (3 medium)
- Berries:
blackberries/blueberries (1 cup)
raspberries/strawberries (1½ cups)
- Cantaloupe (½ medium)
- Cherries (15)
- Figs (2)
- Grapefruit (1 whole)
- Grapes (15)
- Honeydew (¼ medium)
- Mango (½ medium)
- Orange (1 large)
- Peaches/nectarines (2 small)
- Pear (1 medium)
- Persimmon (½ medium)
- Tangerines (2 small)

- Hummus (¼ cup)
- Bean soup (¾ cup)

Dairy & Alternatives

80

- Almond milk, unsweetened, (8 oz)
- Milk, 1%-2%, (6oz)
- Hemp milk
- Yogurt/Kefir (unsweetened)
- coconut milk (unsweetened)

Unlimited Vegetables

- Artichokes
- Asparagus
- Bamboo shoots
- Bean sprouts
- Bell Peppers
- Broccoli, rapini
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Chives/Garlic
- Cucumber
- Eggplant
- Fennel
- Greens: beet greens, bok choy, collards, escarole, kale, spinach, swiss chard, mustard
- Green Beans
- Lettuce (all types)
- Mushrooms
- Okra
- Onion, Leeks
- Salsa
- Snow peas
- Spinach
- Sprouts
- Squash
zucchini
yellow
spaghetti
- Tomatoes

- Whole wheat bread (1 slice)*
- Whole wheat tortilla or pita (½)*
- Whole wheat pasta (½ cup)*
- Ryvita or Wasa crackers (2 large)*
- Barley (½ cup cooked)*
- Bulgur cracked wheat (½ cup)*
- Whole oats (½ cup cooked)

Gluten Free Options:

- Buckwheat groats (½ cup)
- Rice, brown or wild (½ cup)
- Quinoa or quinoa pasta (½ cup)

Daily Meal Planning

Breakfast

Morning Snack

Lunch

Afternoon Snack

110 calories

Dinner

Evening Snack

Fluid goal (oz): consume
½ of your body weight in oz.

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Nut Thins Crackers (1 svg)

* Depending on your condition your practitioner may recommend avoiding gluten-containing foods

- Oils:
 - Cold pressed, extra-virgin olive, **coconut, avocado oil** (1 tsp)
 - Smart or Earth Balance (1½ tsp)
 - **ghee: clarified butter** (1 tsp)
- Avocado (1/8)
- Olives (8-10 medium)
- Coconut milk – light (3 Tbls)

Bolded Oils have higher smoke point, thus are more stable for high temp cooking

ie. If you weigh 120 lbs you should drink 60 oz. of water minimum.

GVT1-Grocery List, Version 1



- Beets or winter squashes (½ cup)
- Carrots (2 med or 12 baby)
- Sweet potato (½ medium)
- Yucon gold or red potato (½ medium)



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