

THE DANIEL PLAN GOOD FOODS LIST

Food glorious food. Eating is simply one of life's greatest pleasures. Stocking your pantry and refrigerator with healthy choices is a practical first step in your journey to better health. Understanding what portions and servings are is important to developing healthy eating habits for a lifetime. Use The Daniel Plan Plate as a guideline for every meal:

* Dr. Hyman's top superfoods

+ Dr. Amen's best brain foods

50 Percent Non-Starchy Vegetables

- Artichokes
- Arugula
- Asparagus
- Bell peppers (yellow, green, red, orange)
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Dandelion Greens

- Eggplant
- Fennel
- Green beans
- Jicama
- Kale

- Leeks
- Lemons
- Lettuce
- Limest
- Mesclun
- Mushrooms
- Mustard greens
- Okra
- Onions
- Radish
- Sea Vegetables
- Shiitake mushrooms
- Snap peas
- Spinacht
- Swiss chard
- Tomatoest
- Watercress
- Zucchini

25 Percent Lean Proteins: Healthy Animal Protein OR Vegetarian Protein
Meats & Seafood options (*Wild or Grass-Fed, Hormone and Antibiotic-Free if possible*)

- Artichokes
- Arugula
- Asparagus
- Avocado
- Broccoli
- Brussels sprouts
- Collard Greens
- Cheese (hard cheese: Parmesan or extra-sharp) (1-2 tablespoons)

- Kale
- Mushrooms
- Nut butters
- Quinoa
- Spinach
- Tofo (organic)
- Whole Eggs, preferably omega-3

25 Percent Whole Grains or Starchy Vegetables

(Vegetables with an "" is to be eaten in moderation when reducing carbohydrates, which are the starchier and sweeter vegetables. If possible, soak seeds, legumes and grains overnight to improve digestion, absorption and assimilation)*

Whole & Sprouted Grains:

- Brown rice
- Bulgur (cracked wheat)
- Oats (old fashion or steel cut)
- Organic cornmeal
- Organic corn tortillas
- Millet
- Polenta
- Quinoa
- Sprouted grain bread
- Sprouted grain tortillas

Pastas: (eat sparingly - except shiritaki noodles which can be eaten freely)

- Brown rice
- Black rice
- Buckwheat
- Quinoa

- Shirataki (Look for konjac flour, not yam flour)

Starchy Vegetables:

- Acorn squash*

- Beets*

- Butternut squash*

- Carrots

- Corn*

- Parsnips*

- Pumpkin*

- Spaghetti squash*

- Turnips*

- Winter Squash*

- Yams/sweet potatoes*

Beans/Peas/Lentils:

- Adzuki Beans

- Black beans

- Black-eyed peas

- Fava beans

- Kidney beans

- Pinto beans

- Garbanzo beans

- Lentils

- Lima beans

- Navy beans

- Split peas

- White beans

Low Glycemic Fruit

- Apricots

- Avocados
- Berries
- Cantaloupe
- Cherries
- Coconut
- Grapes
- Grapefruit
- Green apples

- Kiwi
- Oranges
- Peaches
- Pears
- Plums
- Prunes
- Tangerines
- Watermelon

Beverages (*Avoid beverages with artificial sweeteners or flavorings, food dyes or added sugars. 6-8 ounces*)

- Almond milk, unsweetened
- Coconut milk, unsweetened
- Coffee
- Hemp or Chia milk, unsweetened
- Rice milk, unsweetened
- Tea, black
- Tea, green
- Tea, herbal
- Water (64 or more ounces per day)

Healthy Oils (*eat sparingly-raw and organic if possible*)

- Avocado oil
- Butter (do not buy butter's that come in a tub)
- Coconut oil (raw, unrefined)
- Coconut butter
- Flaxseed oil
- Extra Virgin Olive oil (not to cook with)
- Walnut oil

Healthy Snacks

- Applesauce, unsweetened (1/2 cup)
- Dark chocolate (70% cacao) (10 – 20 grams, equivalent to 1 -2 squares)
- Dried Fruits: currants, dates, figs, prunes, raisins (sulfite-free, 1 - 2 small pieces)
- Greek yogurt (unsweetened) (8 ounces)
- Guacamole (1/4 cup)
- Hummus (ideally homemade, but if store-bought look for a hummus made with extra virgin olive oil and no preservatives. Lemon should be the only preservative) (1/4 cup)
- Salsa (1/4 cup)
- Tzatziki (1/4 cup)
- Sauerkraut

Natural Sweeteners

- Pure Maple Syrup (1 teaspoon)
- Raw honey (1 teaspoon)
- Whole leaf stevia extract (use sparingly)

Nuts & Seeds (*Nuts & seeds make great snacks, but eat in moderation. If possible, soak seeds and nuts overnight to improve digestion, absorption and assimilation*)

- Almond butter
- Almonds, raw
- Amaranth
- Brazil Nuts
- Buckwheat

- Cashews
- Chia
- Flax

- Pistachios
- Pumpkin
- Sunflower
- Sesame
- Teff
- Walnuts

Spices, Seasonings & Dressings (*eat freely and rotate new spices into your diet often*)

- Balsamic vinegar
- Balsamic vinaigrette
- Basil
- Chilies
- Cinnamon
- Cilantro
- Clove
- Coriander
- Cumin
- Curry
- Dill
- Garlic
- Ginger

- Kimchi
- Marinara sauce (organic, low-sugar)

- Marjoram
- Miso
- Mustard
- Nutmeg
- Oregano
- Parsley
- Raw Cacao
- Rosemary

- Saffron
- Sage
- Thyme
- Turmeric
- Vegan or organic mayonnaise (1-2 tablespoons)