

Protein: 2-3 Servings/day

Serving size – 3-4oz cooked or as indicated.

1serving = approximately 150 calories

- Fish – fresh or water canned. Limit farmed raised fish. Wild is best.
- Leg of lamb, very lean
- Poultry: chicken or Cornish hen, turkey
- Grass-fed beef
- Organic, pastured eggs

Nutritional Beverage: 2-3 servings/day

- Mixed with Greens and flax oil/seeds

Legumes: 1 Serving/day

Serving size: 1/2 cup cooked, or as indicated

1 serving = approximately 110 calories

- Beans - garbanzo, pinto, kidney, black, lima, cannellini, navy, mung,
- Bean soup, 3/4 cup
- Split peas, sweet green peas, lentils
- Spouted, beans and legumes

Dairy Alternatives: 1 servings/day

Serving size: as indicated

1 serving = approximately 80 calories

- Coconut milk 8 oz unsweetened
- Almond milk 8 oz unsweetened

Nuts and Seeds: 1 servings/day

Serving size: as indicated

- Coconut, unsweetened, grated, 3 tbs.
- Almonds or hazelnuts, 15 whole
- **Flax seeds, ground, 1 Tbsp.
- Chia seeds, 2 tsp.
- Pine nuts, 1 1/2 Tbsp.
- Pistachios, sunflower/pumpkin/ 2 Tbsp.
- Walnut or pecan halves, 7-8
- Nut butter, 1 Tbsp, made from above nuts

Category 1 Veggies: 5-10 servings/day

Up to 9 servings/day (total from all 3 sub-categories) Serving size: 1/2 cup, or 1 cup for raw greens.

Veggies for Metabolic Detoxification

3-5 servings

minimum 2 in this sub-category

- **Asparagus
- Artichokes
- **Greens: arugula, bok choy, escarole, endive, kale, Swiss chard, collard greens, dandelion, watercress, radicchio, beet/mustard greens, wheatgrass
- Celery, celery root
- kelp, seaweeds

Cruciferous Veggies for Cleansing:

3-5 servings

- **Broccoli, broccoflower, radishes
- Brussels sprouts, Cauliflower
- Cabbage (all types), Kohlrabi

Additional Category 1 Vegetables:

1-2 servings/day

(up to 5 daily in combination with other sub-categories for 9 total servings)

- Bamboo shoots
- Bean sprouts
- Chicory
- Cucumber, dill pickles
- Chives, leeks
- Green beans
- Lettuce: Romaine, red/green leaf
- Snow peas
- **Spinach
- Sprouts
- Mixed Vegetable Juice
- Water chestnuts, 5 whole
- Zucchini, summer or spaghetti squash

Category 2 Root Vegetables 1 serving/day

- Plantains
- Sweet Potatoes
- **Carrots
- Beets
- jicama

Or Grains: 1 servings/day

Serving size: 1/2 cup cooked, or as indicated 1 serving = approximately 75-100 calories

- Basmati or other rice, wild rice
- Quinoa
- Teff

Fruits: 2 servings/dayServing size: as indicated 1 serving = approximately 80 calories

Best Choice -Metabolic Detox - 1 cup

Blackberries, raspberries & strawberries, cranberries, loganberries, boysenberries, goji

Best Choice for increasing Platelets

- ** Papaya, 1/2 cup
- **Pomegranate 1/2 cup
- **Oranges 1/2 cup

Other options:

Pineapple, 1/2 cup
Apples - 1
Bananas - 1

Oils and Fats: 5-6 servings/day

Serving size: 1 tsp. or as indicated Oils should be cold pressed, organic

- Avocado 1/8 and avocado oil
- Coconut milk (canned) light, 3 tbs
- Coconut milk (canned) reg, 1/12 Tbsp
- Coconut oil
- **Flaxseed oil (refrigerate)
- Cold pressed grape seed oil

- Walnut oil
- High oleic safflower oil
- Olive oil (extra virgin)
- Olives, 8-10 medium
- Sesame oil

Condiments

- Cinnamon, carob, miso
- Fresh or dried herbs - any (e.g. dill, basil, sage, thyme, rosemary, mint, chives, parsley, etc.)
- Lemon, lime
- Stevia,/monk fruit 1 packet daily
- Vinegars (unsweetened) Apple Cider or Coconut Vinegar

***Read labels carefully** - no dairy (except for immunoGPRP), no soy, gluten, sugar/ sweeteners, or other additives.

Beverages: Drink 1/2 body weight in ounces. Increase with cardiovascular exercise.

- rooibos tea (unsweetened)
- Bone broth
- Mineral water (still or carbonated)
- Non-caffeinated herbal teas (mint, chamomile, hibiscus, Pau'd Arco, etc.)

Strictly Avoid:

- Alcohol
- Aspartame/NutraSweet
- Dairy
- Gluten/Wheat
- Corn
- Tahini
- Cranberry Juice
- Coffee
- Canola Oil

** Indicates foods that increase platelets

Supplements for Increasing Platelets:

- Chlorocaps
- Recancostat
- Ultra Potent C Powder
- Moringa
- Mixed EFAs
- Bio-Immunozyne Forte
- LI-Zyme Forte
- Osteo-B II

The Integrative Wellness Center

Programs by John Smothers, MH, FLT