

Dr. Steph's Plate Rule

Food Guide

Remember to follow Dr. Steph's Plate Rule for choosing where to put these foods. The top 3 categories (meats and veggies) generally go on your Meal Plates (along with the oils), while the Beans, Fruits and Nuts or combos of these foods generally get eaten for snacks.



CONCENTRATED PROTEIN

- Average size 3-6 oz.
1 serving = 150 calories
Cooked or as indicated
(grilled, baked, roasted, poached, sauteed, stir-fried).
All Fish should be wild, poultry-free range and red meat grass-fed when possible.
- ▶ Beef, Lamb, Venison, Buffalo/Bison, Veal, Goat
 - ▶ Salmon, Cod, Halibut, Rainbow Trout, Red Snapper, Sardines, Swordfish, Whitefish, White and Yellow Perch, Yellowtail, Albacore (Tuna), Anchovy, Flounder, Grouper, Haddock, Mahi-mahi, Pickerel, Sea Bass, Sea Trout
 - ▶ Scallops, Crab, Lobster, Shrimp, etc.
 - ▶ Chicken, Turkey, Cornish Hen, Duck, Quail
 - ▶ Eggs (2-4 per week)
 - ▶ Pork (limit)



STARCH VEGGIES

- Average Serving size = 1/2 cup
Approx. 45 calories
Serving: 0-2 per day
- ▶ Sweet Potato
 - ▶ Pumpkin
 - ▶ Turnips
 - ▶ Avocado
 - ▶ Beets
 - ▶ Carrots
 - ▶ Yams
 - ▶ All Other squashes
 - ▶ Taro root



** kept white potato off the list because this is one of the worst culprits for spiking blood sugar.

STICKS & LEAVES VEGGIES

- Average Serving size = 1/2 cup
10 - 25 calories
Serving: Unlimited
- ▶ Artichoke, Arugula, Asparagus, Broccoli, Brussels Sprouts, Cabbage, Celery, Cucumber, Fiddlehead Ferns, Ginger, Greens (collards, kale, chards, beet or turnip green, spinach, dandelion, parsley), Fennel, Lettuces, Mushrooms, Okra, Onions, Peppers, Radicchio, Radishes, All Sprouts, Tomato, Watercress, Zucchini, Green Olives



**Beans and corn are not veggies. Corn is a grain. Beans are in Legume Section. Beans are okay for snacks, keep off meals

FRUITS

- 1 Serving Approx 80 calories
Serving: 1-2 per day
Fresh or Frozen Organic
- ▶ Apple, 1 medium
 - ▶ Apricot, 3 medium
 - ▶ Berries: 1 cup Blueberries, Raspberries or Blackberries
 - ▶ Banana (1/2 large or 1 small)
 - ▶ Cherries, 10
 - ▶ Figs (2)
 - ▶ Grapefruit, 1 whole
 - ▶ Grapes, 15
 - ▶ Mango / Papaya, 1/2 med
 - ▶ Orange (1 Large, 2 small)
 - ▶ Peaches, 2 small
 - ▶ Pear, 1 med
 - ▶ Pineapple (1/2 cup)
 - ▶ Plum (2small)
 - ▶ Watermelon (2 cups)
 - ▶ Lemons/Limes



**No dried fruit - will spike sugars

NUTS AND SEEDS

- Approx 100 calories
Serving: 1-2 per day
- ▶ Walnuts, 7-8
 - ▶ Pumpkin Seeds, 2 tbsp
 - ▶ Almond, Pecan, Hazelnut: 10-12
 - ▶ Macadamia, 7-8
 - ▶ Sesame, Pine Nut, 2 tbsp
 - ▶ Nut butters (almond, coconut etc): 1 tbsp
 - ▶ Nut-based Yogurts/Cheese



BEANS AND LEGUMES

- Ideally from dried and soaked 24-48 hrs.
Average serving size = 1/2 cup
1 serving = 110 calories
Eat for snacks (dips, cooked, raw, humus).
- ▶ Adzuki Beans
 - ▶ Pinto Beans
 - ▶ Black-eyed Peas
 - ▶ Black Beans
 - ▶ Broad Beans
 - ▶ Fava Beans
 - ▶ Garbanzo Beans,
 - ▶ Green Beans
 - ▶ Lima Beans
 - ▶ Northern Beans
 - ▶ Red Beans
 - ▶ String



OILS

- Average Serving size = 1 teaspoon
Approx 40 calories
Servings-4-7 per days
All oils should be organic, coldpressed, extra virgin.
- ▶ Olive Oil (don't cook with)
 - ▶ Flax Oil (don't cook with)
 - ▶ Fish oil (don't cook with)
 - ▶ Sesame Oil (ok to cook)
 - ▶ Macadamia Nut Oil (ok to cook)
 - ▶ Grape seed oil (ok to cook)
 - ▶ Coconut Oil (cook or snack)
 - ▶ Red Palm Fruit Oil (cook)



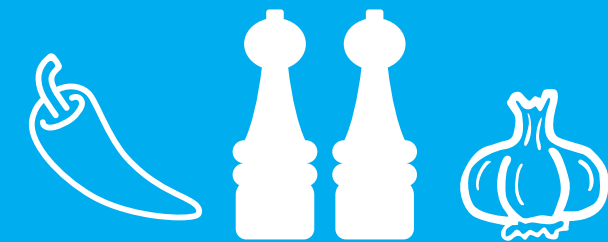
BEVERAGES

- ▶ Water
- ▶ Seltzer
- ▶ Herbal Tea (peppermint, chamomile etc.)
- ▶ Kombucha Tea



CONDIMENTS / SPICES

- Cayenne, curry, dulse, kelp, turmeric, carob, allspice, anise, arrowroot, basil, bay leaf, cardamom, chives, clove, coriander, cream of tartar, cumin, dill, garlic, plain gelatin, horseradish, marjoram, mint, miso, dry mustard, paprika, red pepper flakes, peppercorn, peppermint, rosemary, saffron, sage, sea salt, savory, spearmint, tamari, tapioca, tarragon, thyme, wintergreen.



Dr. Steph's Plate Rule

MEAL PLATE

For Breakfast, Lunch and Dinner, Follow the Plate Rule for Meals: 25% Protein (3-6 oz) and 75% Veggies, including 0-1/2 cup starchy veggies. NOTE no beans on Meal Plate

STICKS & LEAVES

Unlimited Veggies 'Sticks and Leaves' 50 - 75% of Plate



Pour 1-2 Tablespoons of Olive Oil Dressing all over the veggies.
A simple dressing recipe:

1 cup Olive Oil, 1-2 crushed Garlic Cloves, Dried Green Herbs and some Sea Salt to season.
May add 1/4-1/3 cup lemon juice or vinegars to taste



STARCHY VEGGIES

0-1/2 cup starchy veggies Roots and Squash

PROTIEN

3-6 Oz Meat, Fish, Poultry, Eggs

SNACK PLATE

Choose from Fruits, Nuts, Veggies, Beans/Legumes, Meat Proteins:

