



MITO FOOD PLAN – SHOPPING GUIDE

Fresh Produce Vegetables

- Carrots—2 med
- Baby Spinach—2½ lbs
- Spring Mix—large 12-16 oz pkg
- Kale—4 bunches (12-16 c)
- Swiss Chard (Red)—1 large bunch (4 c)
- Collards—1 large bunch
- Baby Bok Choy—4 pounds
- Escarole—2 large heads (2 lbs)
- Arugula—4 c
- Romaine Lettuce—6 leaves
- Peppers, Red—4, Orange—1, Yellow—1
- Jalapeno—11 sm
- Yellow Onion—4 med
- Red Onion—3 med
- Green Onion & Shallots—1 bunch each
- Garlic—6-7 bulbs or 32 oz jar minced
- Celery—1 bunch
- Squash, Spaghetti—1 med
- Broccoli—3 heads (8-10 c)
- Bean Sprouts—¼ c
- Tomatoes, cherry or grape—4 c
- Tomatoes, plum type—7-8
- Cilantro—2 bunches; Parsley—1 bunch; Basil—2 bunches
- Ginger Root—4-5 inches
- Eggplant—1 med
- Zucchini—1 med
- Cauliflower—1 med head
- Green Beans, petite—2 c
- Mushrooms, reg—8 oz; Portabella—2 med; crimini—8 oz, (≈½ lb), baby bellas—8-10; Shitake—4 oz (≈¼ lb)
- Asparagus—3 bunches
- Jicama—1 sm
- Kohlrabi—3 med
- Radish—1 bunch
- Cucumber, English—3 med
- Bamboo Shoots—4 oz

Meat/Fish/Eggs/Plant Proteins

- Chicken Breast, no bone/skin—1 lb
- Chicken, Thigh, no bone/skin—2.5 lb
- Grass-Fed Buffalo Brisket—3 lb
- Grass-Fed Tenderloin Steak—1 lb (cut into four 4 oz fillets)
- Wild Cod—1 lb (4 fillets)
- Wild Salmon—1½ lb (4-6 oz fillets)
- Shrimp—½ lb (8 oz)
- Sliced Turkey Breast, nitrate-free—4 slices
- Organic Cage Free Eggs—2 doz
- Tofu, firm organic, non-GMO—12 oz

Dairy/Dairy Alternative

- Ghee—¼ c (12 T)
- Butter, grass-fed—½ c (8 T)
- Ricotta—16 oz
- Sour Cream—¼ c
- Parmesan Cheese—1 c
- Mozzarella—2 c
- Monterey Jack—1½ c
- Swiss Cheese—1 slice
- Goat Cheese—½ c, 2 slices
- Almond Milk, unsweetened—2 c

Frozen Foods

- Blueberries—½ c
- Mangos—½ c
- Green Beans, Petite—16 oz
- Edamame, organic—10 oz
- Baby Peas—1 c

Fruit, Fresh

- Blackberries—¼ c
- Lime—4 med
- Lemon—7-8 med
- Orange—1 sm
- Seasonal Berries—2 c
- Avocado—7 med
- Pomegranate Arils—½ c or may be purchased frozen

Grains/Legumes

NONE

Miscellaneous

- Local Honey—1 T
- Hummus, roasted garlic—½ c
- Vegan Protein Powder, vanilla—1 scoop
- Green Tea—5 c
- Peppermint Tea—2-3 bags
- Stevia—4 packets (≈ 4 tsp)
- Cocoa Powder, unsweetened—1 c
- Bittersweet Chocolate (70%)—8 oz
- Applesauce, unsweetened—1 c
- Seaweed: Nori—8 sheets, Wakame—3 inch strip
- Sun-Dried Tomatoes—½ c
- Tahini, organic—1 c
- Basil Pesto, dairy free—8 oz
- Nutritional Yeast—1 T
- Miso—6 oz

Canned Goods

- Organic Chicken Broth—3 qt
- Organic Chicken Broth—15 oz
- Artichoke Hearts, quartered—14 oz
- Hearts of Palm—14 oz
- Coconut Milk, organic—4 cans
- Shirataki Noodles—two 8 oz pkgs
- Black Olives, pitted—6 oz
- Tomato Sauce—8 oz
- Wild Salmon or Tuna—two 7 oz cans
- Pumpkin Puree, unsweetened—½ c

Time Saver Tips:

- ☞ Make 1-2 extra hardboiled eggs on day 5 morning snack for Day 6 Breakfast-Egg Pesto Flax Wrap.
- ☞ **Purchase all canned goods, nuts/seeds, condiments and spice mixtures in low sodium or no salt added forms if available. Choose organic all food items whenever possible.**

Condiments/Oils

- Tamari Sauce, wheat free—8 oz
- Olive Oil—24 oz
- Coconut Oil—10 oz
- MCT oil—2 oz (½ c)
- Sesame Oil—7 T
- Vinegars: Balsamic—8 oz; Rice—4 T; Red Wine—3 T
- Mirin—4 oz (½ c)
- Dijon Mustard—3 T
- Fish Sauce—2 T (optional)
- Sriracha—sm bottle (optional)

Spices

- Sea Salt
- Black Pepper
- Garlic, Onion, and Wasabi Powders
- Baking Powder
- Dried Basil and Oregano
- Red Pepper Flakes
- Almond & Vanilla Extract—1 t each
- Tarragon
- Coriander, Cinnamon, Cumin, Curry Powder, Turmeric, Cayenne, Ginger, Paprika, Nutmeg
- Xanthan Gum—¼ t

Nuts/Seeds

- Almonds, raw—1½ c
- Almond Butter—2 T
- Almond meal—2 T
- Sunflower Seeds, toasted—½ c
- Pecans—¼ c
- Walnuts—1 c
- Ground Flaxseed—1 c
- Chia Seed—½ c
- Pistachios—2 T
- Sesame seeds—2 T
- Brazil Nuts—6
- Cashews—½ c





MITO FOOD PLAN - A WEEK OF MEALS & SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	<ul style="list-style-type: none"> ☞ Baked Spinach and Cheese Omelet* ☞ Berries-½ c 	<ul style="list-style-type: none"> ☞ Chia Berry Mango Smoothie* 	<ul style="list-style-type: none"> ☞ Poached Eggs over Swiss Chard* ☞ Berries-½ c 	<ul style="list-style-type: none"> ☞ Blueberry Pecan Flax Muffin* ☞ Peppermint Green Tea 	<ul style="list-style-type: none"> ☞ Cocoa Kale Smoothie* 	<ul style="list-style-type: none"> ☞ Egg Pesto Flax Wrap* ☞ Fresh Mixed Berries-½ c 	<ul style="list-style-type: none"> ☞ Grain-Free Pumpkin Pancakes* ☞ Topped with Unsweetened Apple Sauce
Snack	<ul style="list-style-type: none"> ☞ Almonds-2 T 	<ul style="list-style-type: none"> ☞ Celery-1-2 sticks ☞ Almond Butter-1 T 	<ul style="list-style-type: none"> ☞ Brazil Nuts-2-3 	<ul style="list-style-type: none"> ☞ Pecans-2 T ☞ Seaweed Snacks* 	<ul style="list-style-type: none"> ☞ Tamari Green Tea Hard-Boiled Eggs* 	<ul style="list-style-type: none"> ☞ Cashew-Dusted Kale Chips* 	<ul style="list-style-type: none"> ☞ Celery-1-2 sticks ☞ Almond Butter-1 T
Lunch	<ul style="list-style-type: none"> ☞ Quick Salmon or Tuna Salad* ☞ Mixed Greens & Pepper Strips ☞ MCT Olive Oil Vinaigrette* 	<ul style="list-style-type: none"> ☞ LO Slow Cooker Buffalo Brisket* ☞ Baby Greens with Blackberry Vinaigrette* 	<ul style="list-style-type: none"> ☞ Mexican Chicken Soup* ☞ Topped with Avocado and Cilantro 	<ul style="list-style-type: none"> ☞ LO Green Tea Poached Cod* ☞ LO Sesame Broccoli* 	<ul style="list-style-type: none"> ☞ Turkey Avocado Wrap* ☞ Marinated Vegetables* 	<ul style="list-style-type: none"> ☞ Chicken Coconut Milk Soup* ☞ Basic Greens* 	<ul style="list-style-type: none"> ☞ Edamame Collard Wrap* ☞ Savory Seed Crackers*
Snack	<ul style="list-style-type: none"> ☞ Pistachio Nuts-2 T ☞ Seaweed Snacks* 	<ul style="list-style-type: none"> ☞ Avocado-½, sliced w/Cumin, S&P, Lemon Juice 	<ul style="list-style-type: none"> ☞ Walnuts-2 T 	<ul style="list-style-type: none"> ☞ Nut Hummus* ☞ Cucumber, Red Pepper & Jicama Strips 	<ul style="list-style-type: none"> ☞ Brazil Nuts-2-3 	<ul style="list-style-type: none"> ☞ Sunflower Seeds-2 T 	<ul style="list-style-type: none"> ☞ Coconut Chocolate Truffles*
Dinner	<ul style="list-style-type: none"> ☞ Slow Cooker Buffalo Brisket* ☞ Roasted Balsamic Vegetables* ☞ Mushroom and Bell Pepper Sauté with Arugula* 	<ul style="list-style-type: none"> ☞ Shrimp Shirataki Stir-Fry* ☞ Miso Soup* 	<ul style="list-style-type: none"> ☞ Green Tea Poached Cod* ☞ Avocado Lime Soup* ☞ Sesame Broccoli* 	<ul style="list-style-type: none"> ☞ Cheesy Eggplant Bake* ☞ Bruschetta Spaghetti Squash* ☞ Mixed Greens 	<ul style="list-style-type: none"> ☞ Slow Cooker Chicken Curry* ☞ Sautéed Baby Bok Choy* ☞ Spring Vegetable Salad 	<ul style="list-style-type: none"> ☞ Marinated Steak* ☞ Zucchini Mushroom Pasta* ☞ Pomegranate Spinach Salad* 	<ul style="list-style-type: none"> ☞ Poached Salmon with Escarole* ☞ Miso Lemon Asparagus* ☞ Garlic Mashed Cauliflower*
Therapeutic Food Focus	<ul style="list-style-type: none"> ■ Spinach, berries, grass-fed buffalo, wild Alaskan salmon, almonds, coconut oil, olive oil, onion, arugula, asparagus, almonds, seaweed 	<ul style="list-style-type: none"> ■ Coconut milk, spinach, green tea, cinnamon, chia seeds, mango, blueberries, olive oil, walnuts, almond butter, avocado, broccoli, bamboo shoots, seaweed 	<ul style="list-style-type: none"> ■ Swiss chard, onion, berries, olive oil, grass-fed butter, ghee, coconut oil, green tea, avocado, turmeric, broccoli, walnuts 	<ul style="list-style-type: none"> ■ Blueberries, flax seed, cinnamon, green tea, broccoli, onion, olive oil, almonds, turmeric, spinach, seaweed, coconut oil 	<ul style="list-style-type: none"> ■ Almonds, avocado, coconut milk, kale, spinach, bean sprouts, onion, bok choy, asparagus, olive oil 	<ul style="list-style-type: none"> ■ Flaxseed, spinach, coconut oil, berries, kale, cashews, grass-fed beef, canned coconut milk, olive oil, pomegranate, walnuts 	<ul style="list-style-type: none"> ■ Almonds, olive oil, chia seed, collard greens, avocado, flaxseed, wild salmon, onion, canned coconut milk, escarole, asparagus, cauliflower, coconut oil

*Recipe included Leftover - LO

Green Tea Emphasis: Aim for 1-2 cups per day, served hot or cold.





Ketogenic Food Plan – Low Carb, High Fat, Moderate Protein

PROTEINS 20 to 40% of total calorie intake

Servings/day: 2 to 4

Free-range, grass-fed, organically grown meats; non-GMO plant proteins; and wild-caught fish preferred

Animal Proteins:

- Fish: Omega-3 rich: cod, mackerel, sardines, Alaskan salmon, halibut, herring, shrimp, tuna, etc
- Meat: Beef, buffalo, elk, lamb, venison, other wild game
- Poultry: Chicken (skinless), Cornish hen, turkey
- Cheese, hard
- Cheese
- Cottage cheese
- Parnesan cheese
- Ricotta cheese
- Egg-1 or 2
- Egg substitute- $\frac{1}{2}$ c
- Plant Protein: Miso-3 T
- Tofu, tempeh
- Burger alternatives: Bean, mushroom, soy, veggie
- Protein Powder: # grams & carbs/scoop
- Check label for collagen, hemp, pea, rice, soy, whey

1 oz = 35-75 calories, 7 g protein (eat $\frac{1}{2}$ your weight in grams of protein per day)

LEGUMES good sources of protein but also have carbs

Servings/day: 0-2

- Bean soups- $\frac{3}{4}$ c
- Black soybeans (cooked)- $\frac{1}{2}$ c
- Dried beans, lentils, or peas (cooked)- $\frac{1}{2}$ c
- Hummus or other bean dips- $\frac{1}{2}$ c
- Edamame - $\frac{1}{2}$ c
- Green peas - $\frac{1}{2}$ c
- Flour, legume- $\frac{1}{4}$ c
- Refried beans, vegetarian- $\frac{1}{2}$ c

1 serving = 110 calories, 15 g carbs, 7 g protein

DAIRY good source of protein but also has carbs

Only use dairy if you know you are not sensitive otherwise use dairy alternatives below

Servings/day: 1-2

- Unsweetened
- Buttermilk-8 oz
- Kefir, plain-6 oz
- Milk: Cow, goat-8 oz
- Yogurt, plain, Greek, or coconut (cultured coconut milk)-6 oz
- Milk Alternatives
- Almond, coconut, flaxseed, hazelnut, hemp, oat, soy-8 oz

1 serving = 50-150 calories, 12 g carb, 7 g protein, 5-8 g fat

NUTS & SEEDS contain protein, fat & carbs

Servings/day: 1-2

- Almonds-6
- Coconut, dried flakes (unsweetened)-3 T
- Chia seeds-1 T
- Flaxseed, ground-2 T
- Hemp seeds-1 T
- Pumpkin seed-1 T
- Walnut halves-4
- Brazil nuts-2
- Cashews-6
- Hazelnuts-5
- Mixed nuts-6
- Nut and seed butters- $\frac{1}{2}$ T
- Peanuts-10
- Pecan halves-4
- Pine nuts-1 T
- Pistachios-16
- Sesame seeds-1 T
- Soy nuts-2 T
- Sunflower seed kernels-1 T

1 serving = 45 calories, 4 g fat

FATS & OILS contain

Servings/day: 5-10

Minimally refined, cold-pressed, organic, non-GMO preferred

- Avocado- $\frac{1}{8}$ whole
- Coconut milk, regular (canned)- $\frac{1}{2}$ T
- Coconut milk, light (canned)-3 T
- Olives, black or green-8
- Oils, cooking: Avocado, coconut, ghee/clarified butter, grass fed butter, olive (extra virgin), grapeseed, rice, bran, sesame-1 t
- MCT, coconut oil or grassfed butter added to coffee and tea 1 T
- Oils, salad: Avocado, flaxseed, MCT, olive (extra virgin), almond, grapeseed, hempseed, high oleic safflower and sunflower, pumpkin, rice bran, sesame, walnut-1 t
- Butter-1 t, 2 t whipped
- Chocolate, dark (70% or higher cocoa) 1 square = 7 g
- Pesto (olive oil)-1 T
- Mayonnaise (unsweetened)-1 t
- Salad dressing made with the above oils-1 T

1 serving = 45 calories, 5 g fat

Avoid all gluten (wheat, barley, rye, spelt)

Items in blue indicate preferred therapeutic foods
Do not eat any foods you know you are sensitive to.



VEGETABLES Non Starchy (contain little carbs)

Servings/day: 2-6

- Arugula
- Asparagus
- Bok choy
- Broccoli
- Broccoli sprouts
- Cabbage
- Cauliflower
- Chard/Swiss chard
- Chives
- Dalkon radish
- Garlic
- Greens (beet, collard, chlorey, dandelion, escarole, kale, mustard, purslane, radicchio, turnip)
- Kohlrabi
- Leek
- Microgreens
- Okra
- Onion
- Radish
- Scallions
- Sea vegetables
- Shallots
- Spinach
- Sprouts, all
- Vegetables, fermented
- Watercress

1 serving = 1/2 c, 1 c for uncooked greens, 25 calories, 5 g carbs

VEGETABLES Starchy (contain carbs, eat sparingly)

Servings/day: 0-1

- Acorn squash, cubed-1 c
- Beets, cubed-1 c
- Butternut squash, cubed-1 c
- Plantain-1/2 whole, 1/2 c
- Potato (purple, red, sweet, yellow)-1/2 med
- Potatoes, mashed-1/2 c
- Root vegetables: Parsnip, rutabaga-1/2 c
- Yam-1/2 med

1 serving = 80 calories, 15 g carbs

Low glycemic impact Recommendations
Limit to 1 serving per day

GLUTEN FREE GRAINS and Alternatives

Servings/day: 0 for 4 weeks, then 3/week

- Amaranth (cooked)-1/2 c
- Brown rice (cooked), all types-1/2 c
- Buckwheat/kasha, (cooked)-1/2 c
- Crackers (nut, seed, rice)-3-4
- Millet (cooked)-1/2 c
- Oats (cooked), rolled, steel-cut-1/2 c
- Quinoa (cooked)-1/2 c
- Teff (cooked)-1/2 c

1 serving = 75-110 calories, 15 g carbs

Low glycemic impact Recommendations
Short term: Consider removal
Long term: limit to 1-2 servings per day

Servings/day: 0-1

Unsweetened, no sugar added

- Apple-1 sm
- Blackberries-1/2 c
- Blueberries-1/2 c
- Cherries-12
- Grape-15
- Mango-1/2 sm
- Pomegranate seeds-1/2 c
- Raspberries-1 c
- Straw berries-1 1/2 c
- Applesauce-1/2 c
- Apricots, fresh-4
- Banana-1/2 med
- Dates or figs (dried)-3
- Dehydrated fruit (no sugar)-2 T
- Figs-3
- Grapefruit-1/2
- Kiwi-1
- Melon, all-1 c
- Nectarine-1 sm
- Orange-1 sm
- Papaya-1 c
- Peach-1 sm
- Pear-1 sm
- Persimmon-1/2
- Pineapple-3/4 c
- Plums-2 sm
- Prunes-3 med
- Tangerines-2 sm

1 serving = 60 calories, 15 g carbs

BEVERAGES enjoy in moderation

- Green tea
- Black tea
- Coffee
- Filtered water
- Fresh juiced fruits/vegetables
- Ginkgo biloba tea
- Sparkling/mineral water
- Unsweetened coconut water
- Yerba mate

Alcohol is not recommended, but if you must:

- Dry wine
- Spirits like vodka, gin, whiskey
- With soda or water

Notes: Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.

