

## Daily Food Items Goals

FOOD	Type and Amount
<b>GREENS</b>  2-3 servings a day	<b>~1 cup raw/serving:</b> Collards, Kale, mixed spring greens, mustard greens, spinach, Swiss chard, arugula, beet greens
<b>FLAX SEEDS</b>  1-2 servings a day	<b>1 tbsp/serving:</b> freshly ground each day. Mix in smoothies, over salads, in soups, oats homemade granola bars etc.
<b>CRUCIFEROUS VEGETABLES</b>  1-2 servings a day	<b>1/2 cup/serving:</b> Arugula, bok choy, broccoli, Brussel sprouts, cabbage (green & purple), cauliflower, collard greens, horseradish, kale, mustard greens, radishes, turnip greens, watercress, sprouts
<b>OTHER VEGGIES</b>  2-3 servings a day	<b>~1/2 cup/serving:</b> Artichoke, asparagus, beets, bell peppers, carrots, garlic, onion, mushrooms, pumpkin, yams, sweet potatoes, sea vegetables (dulse, nori, etc.), snap peas, squash, tomatoes, zucchini
<b>FRUITS</b>  1-2 servings a day	<b>1/2 cup or 1 medium size fruit/serving:</b> Apples, apricots, avocados, bananas, cantaloupe, dates, figs, grapefruit, honeydew, kiwi, lemons, limes, lychee, mangos, nectarines, oranges, papaya, peaches, pears, pineapple plums, pomegranates, prunes, watermelon
<b>BERRIES</b>  1-2 servings a day	<b>1/4-1/2 cup per day:</b> Acai berries, barberries, blackberries, blue berries, cherries, concord grapes, cranberries, goji berries, raspberries, strawberries, etc.
<b>NUTS &amp; SEEDS</b>  1-2 servings a day	<b>2 tbsp, or 1/4 cup/Serving:</b> Almond, Brazil, Cashew, Chia seeds, Hazelnuts, Hemp seeds, Macadamia, Pecans, Pistachio's, sesame, sunflower, walnuts,
<b>BEANS &amp; LEGUMES</b>  2-3 Servings a day	<b>1/2-1 cup/serving:</b> Black beans, hummus, black-eye beans, butter beans, kidney beans, chickpeas, edamame, English peas, Garbanzo beans, Lentils (red, green etc.), miso, navy beans, pinto beans, red beans, split peas, Tempeh (soy bean)
<b>WHOLE GRAINS</b>  2-3 servings a day	<b>~1/2 cup cooked per serving:</b> Barley, Brown rice, Buckwheat, Millet, Steel-cut oats, Quinoa, Rye, Teff, Wild Rice
<b>SOY FOODS</b>	<b>~1/4-1/2 cup per serving</b> (contains ~20-50 mg isoflavones): soy nuts (60 mg), tofu (35 mg), tempeh (35 mg), soy milk (30 mg), cooked soy beans (35 mg)

<b>1-2 Servings a day</b>	
<b>HERBS &amp; SPICES</b>  <b>Liberal, daily</b>	Allspice, basil, bay leaves, cardamom, chilli powder, cilantro, cloves, cumin, curry, dill, fenugreek, garlic, ginger, horseradish, lemongrass, mustard powder, nutmeg, oregano, parsley, pepper, peppermint, saffron, sage, paprika, thyme, turmeric, vanilla
<b>OILS</b>  <b>1-2 servings a day</b>	<b>~1 tbsp/serving:</b> Cold press- extra virgin olive oil, almond oil, avocado oil, coconut oil for cooking
<b>BEVERAGES</b>  <b>8-10 servings a day</b>	<b>~1 cup per serving:</b> Water (filtered), Herbal teas, black tea, green tea, coffee (black)
<b>SWEETENERS</b>  <b>(Optional)</b>	1 tbsp Honey or maple syrup, Stevia leaf, Xylitol (sugar alcohol)
<b>CONDIMENTS</b>	Apple cider vinegar, balsamic vinegar, raw sauerkraut, mustard, soya sauce, lemon juice
<b>MILK</b>	Almond milk, cashew milk, coconut milk, hemp milk, soy milk (organic, non-GMO), rice milk, oat milk