

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	Dandelion Greens	Okra
Arugula	Eggplant	Onions
Asparagus	Fennel	Radish
Bell peppers (yellow, green, red, orange)	Green beans	Sea Vegetables
Bok choy	Jicama	Shiitake mushrooms
Broccoli	Kale	Snap peas
Brussels sprouts	Leeks	Spinach+
Cabbage	Lemons	Swiss chard
Cauliflower	Lettuce	Tomatoes+
Celery	Limes+	Watercress
Collard greens	Mesclun	Zucchini
Cucumbers	Mushrooms	
	Mustard greens	

25 Percent Lean Proteins: Healthy Animal Protein OR Vegetarian Protein

Meats & Seafood options (Wild or Grass-Fed, Hormone and Antibiotic-Free if possible)	Broccoli	Mushrooms
Artichokes	Brussels sprouts	Nut butters
Arugula	Collard Greens	Quinoa
Asparagus	Cheese (hard cheese: Parmesan or extra-sharp) (1-2 tablespoons)	Spinach
Avocado	Kale	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	Quinoa	Black rice
Bulgur (cracked wheat)	Sprouted grain bread	Buckwheat
Oats (old fashion or steel cut)	Sprouted grain tortillas	Quinoa
Organic cornmeal	Pastas: (eat sparingly—except shiritaki noodles which can be eaten freely)	Shirataki (Look for konjac flour, not yam flour)
Organic corn tortillas		
Millet		
Polenta	Brown rice	

Starchy Vegetables:

Acorn squash*	Turnips*	Kidney beans
Beets*	Winter Squash*	Pinto beans
Butternut squash*	Yams/sweet potatoes*	Garbanzo beans
Carrots	Beans/Peas/Lentils:	Lentils
Corn*	Adzuki Beans	Lima beans
Parsnips*	Black beans	Navy beans
Pumpkin*	Black-eyed peas	Split peas
Spaghetti squash*	Fava beans	White beans

Low Glycemic Fruit

Apricots	Grapes	Pears
Avocados	Grapefruit	Plums
Berries	Green apples	Prunes
Cantaloupe	Kiwi	Tangerines
Cherries	Oranges	Watermelon
Coconut	Peaches	

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

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

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

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

Healthy Snacks

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

Natural Sweeteners

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

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)

The Daniel Plan Plate

