

# FirstLine Therapy™ Menu Plan Worksheet

Name \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

Food Groups	
<input type="checkbox"/> Meal Replacement	2 servings per day
<input type="checkbox"/> Concentrated Protein	_____ servings per day
<input type="checkbox"/> Category 1 Vegetables	unlimited
<input type="checkbox"/> Category 2 Vegetables	_____ serving(s) per day
<input type="checkbox"/> Dairy	_____ serving(s) per day
<input type="checkbox"/> Fruit	_____ servings per day
<input type="checkbox"/> Grain	_____ serving(s) per day
<input type="checkbox"/> Legumes	_____ serving(s) per day
<input type="checkbox"/> Nuts and Seeds	_____ servings per day
<input type="checkbox"/> Oil	_____ servings per day
_____ total calories per day	

## Concentrated Protein

Serving size: 3 oz.

Meat, poultry and fish should be grilled, baked or roasted; fish can also be poached. (1 serving = approximately 150 calories)

- Eggs, 2 whole, or 3 egg whites plus 1 whole egg
- Egg substitute, 2/3 cup
- Fish, shellfish, 3 oz. fresh or 3/4 cup canned in water
- Poultry: chicken or Cornish hen (breast only), turkey
- Leg of lamb, lean roast
- Tofu, 8 oz. or 1 cup (fresh), or 3.5 oz. cube (baked)
- Tempeh, 3 oz. or 1/2 cup
- Soy or veggie burger, 4 oz.
- Cottage cheese, nonfat or lowfat, 3/4 cup
- Ricotta, part skim or nonfat, 1/2 cup
- Mozzarella, part skim or nonfat, 2 oz. or 1/2 cup shredded

## Category 1 Vegetables

Serving size: 1/2 cup - servings unlimited

Fresh juices made from these are allowed (1 serving = approximately 10-25 calories)

- Artichokes -Asparagus
- Bamboo shoots -Bean sprouts
- Bell or other peppers
- Broccoli, Broccoflower -Brussels sprouts
- Cabbage (all types) -Cauliflower -Celery
- Chives, onion, leeks, garlic
- Cucumber/ Dill pickles
- Eggplant -Green Beans
- Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, dandelion, mustard, or beet greens
- Lettuce/Mixed greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory
- Mushrooms
- Okra -Radishes
- Salsa (sugar free)
- Sea vegetables (kelp, etc.)
- Snow peas -Sprouts
- Tomatoes, tomato juice
- Water chestnuts, 5 whole
- Zucchini (Italian), yellow, summer, or spaghetti squash

## Category 2 Vegetables

Serving size: 1/2 cup, or as indicated (1 serving = approximately 45 calories)

- Beets
- Winter squash, such as acorn or butter nut squash
- Carrots, 1/2 cup cooked or 2 medium raw or 12 baby carrots
- Sweet potatoes or yams, 1/2 medium baked

## Dairy

Serving size: 6 oz., or as indicated (1 serving = approximately 80 calories)

- Buttermilk
- Fat-free yogurt, plain
- Lowfat yogurt, plain, 4 oz.
- Nonfat, 1%, or 2% milk

## Fruit

Serving size as indicated (1 serving = approximately 80 calories)

- Apple, 1 medium -Apricots, 3 medium
- Avocado, 1/4
- Berries: blackberries & blueberries, 1 cup; raspberries & strawberries, 1 1/2 cups
- Cantaloupe, 1/2 medium -Cherries, 15
- Fresh figs, 2 -Grapefruit, 1 whole
- Grapes, 15 -Honeydew melon, 1/4 small
- Nectarines, 2 small -Olives, 8-10 medium
- Orange, 1 large -Peaches, 2 small
- Pear, 1 medium -Plums, 2 small
- Tangerines, 2 small

## Grains

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

- Amaranth, teff, or quinoa
- Basmati or other brown rice, wild rice
- Barley, buckwheat groats, or millet
- Bulgur (cracked wheat)
- Whole oats, raw, 1/3 cup; cooked oatmeal 3/4 cup
- Whole wheat, spelt, or kamut berries
- 100% whole wheat, spelt, or kamut pasta
- Whole grain rye crackers, 3 each
- Bread: mixed whole grain or 100% whole rye, 1 slice
- Whole wheat tortilla or pita, 1/2

## Legumes

Serving size: 1/2 cup cooked, or as indicated (1 serving = approximately 110 calories)

- Beans - garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried, green soy beans
- Bean soups, 3/4 cup
- Hummus, 1/4 cup
- Split peas, sweet green peas, lentils

## Nuts and Seeds

Serving size as indicated (1 serving = approximately 100 calories)

- Almonds or hazelnuts, 10-12 whole nuts
- Walnut or pecan halves, 7-8
- Peanuts, 18 nuts or 2 tbsp.
- Pistachios, sunflower, pumpkin, or sesame seeds, 2 tbsp.
- Nut butter, 1 tbsp. made from above nuts

## Oils

Serving size: 1 tsp. or as indicated Oils should be cold pressed (1 serving = approximately 40 calories)

- Flaxseed oil (refrigerate) -Walnut oil
- Extra virgin olive oil (preferable) & canola oil for cooking
- Mayonnaise (from canola oil)

<b>Wake up</b> time: _____	
<b>Morning Meal</b> time: _____	
<b>Snack</b> time: _____	
<b>Mid-day Meal</b> time: _____	
<b>Snack</b> time: _____	
<b>Evening Meal</b> time: _____	
<b>Snack</b> time: _____	
<b>Water</b> (ounces):	
<b>Other Drinks</b> (not listed with meals above):	
<b>Activity/ Exercise</b> Type: Duration:	
<b>Relaxation</b> Type: Duration:	
<b>Sleep</b> Duration:	

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