

# My Plate Guide | 1800 Calorie



## Breakfast

Choose one of the following:

- Protein Shake
- Eggs with Veggies
- Breakfast Meat with Veggies



## Lunch (non-starchy veggies, proteins, fats)

- Salads with proteins, salad dressing, avocado, etc.
- Lettuce wrapped sandwiches with olive oil mayo
- Meat roll ups or tuna salad with veggies
- Can add Soup Broths (See info in Phase 1 Diet Guide.)
- Include "Flexible Foods" to make more filling

## Healthy & Easy Snacks

Between or added to meals:

- Nuts/seeds
- V-8 juice
- Kale chips
- Veggies & hummus
- Celery & almond butter



## DINNER PLATE

**1/4 Plate Beans/Starch**  
(Limit to 2 serv/day)

**+Healthy Fats**  
w/ each meal



**1/4 Plate**  
Clean Protein

**1/2 Plate Non-Starchy**  
Veggies + Side Salad

## FLEXIBLE FOODS

These foods can be eaten wherever you choose; add to any meal or snack, but in the measured, allowed amounts per day:

**Fruit:** 1-2 serv/day (breakfast, with nuts for snack)

**Beans:** 2 serv/day (on lunch salad, hummus snack, beans w/ dinner)

**Nuts/Seeds:** 1- 2 serv/day

**Low Carb Crackers:**

1 serv/day (can be split between two meals)

- 10 Jilz Crackers

**OR**

- 2 Trader Joes or Sigdal Bakeri, Gluten Free Norwegian Crispbreads

## SAMPLE MEAL PLANS

### DAY 1



**Breakfast** - Avocado protein shake

**Lunch** - Large salad with chicken, chickpeas and olive oil vinaigrette dressing, and 10 Jilz crackers

**Dinner** - Bowl of chili, side salad with dressing and steamed asparagus with butter

**Evening snack** - Berries with non-dairy whipped topping

### DAY 2



**Breakfast** - Eggs w/veggies & turkey sausage + 5 Jilz Crackers

**Lunch** - Grilled chicken salad w/ dressing, blackberries, & nuts, carrots w/ hummus, + 5 Jilz Crackers

**Dinner** - Grilled salmon/fish, steamed asparagus with mushrooms, and side salad topped with white beans, sunflower seeds, olive oil, and vinegar

**Evening** - 1 square of dark chocolate with tea



## NON-STARCHY VEGETABLES

Unlimited

**At least 7-8 servings a day**  
**1 Serv Cooked = ½ Cup**  
**1 Serv Raw = 1 cup**

- Artichoke/artichoke hearts
- Asparagus,
- Bamboo shoots,
- Bean sprouts (alfalfa, broccoli)
- Beans (green, wax, and Italian)
- Beets
- Broccoli
- Brussels sprouts
- Cabbages (bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Chayote
- Cucumber
- Daikon
- Eggplant

- Green onions or scallions
- Greens (collard, kale, mustard, and turnip)
- Hearts of palm
- Jicama
- Kohlrabi
- Leek
- Lettuce greens
- Mung bean sprouts
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes

## HEALTHY FATS

\*6 serv/day

1 serv = 5 grams of fat

Examples:

- 1 tsp oil, org butter, ghee, mayo
- 2 Tbsp avocado or guacamole
- Avocados, guacamole
- Organic butter, ghee
- Organic balsamic dressing
- Healthy oils: extra virgin olive oil, avocado, refined safflower oil, coconut oil



Nuts/Seeds & Nut Butters: 1-2 serv/day  
 1 serv= cup of your hand OR 1 Tbsp butter

Chia or Flax Seeds:  
 1-2 Tbsp./day for needed fiber

- Rutabaga
- Sauerkraut
- Spinach
- Squashes (incl. zucchini)
- Sugar snap peas
- Swiss chard
- Tomato (incl. sauce, juice)
- Turnips
- Water chestnuts

## SALADS

Unlimited

- Salads with a variety of greens: spinach, romaine, spring mix, kale, arugula, and lots of veggies

- Slaws: cole slaw and broccoli slaw



\*Combine with a healthy fat. Try using salad dressing, oil & vinegar, avocado and/or nuts/seeds.

## PROTEINS

Palm-sized amount\*

- Wild caught fish, salmon, seafood
- Organic chicken
- Grass-fed beef and bison
- Turkey and Pork
- Nitrate-free, deli meats (organic is best)

- Organic eggs, turkey bacon
- Vegan protein powder



\*Palm-sized amounts will vary based on how big or small you are and therefore your protein portion will be appropriate for your body size.

\*Combine with a healthy fat. Try drizzling with butter, ghee, and/or olive oil.

\*Combine with a healthy fat. When pan cooking, oils, butter, or ghee can be used.



## FRUIT

2 serv/day

Each amount listed below = 1 serv fruit

### Smallest:

- 2 Tbsp. dried fruit (raisins, cherries, cranberries)
- 2 plums, 3 dates
- 4 apricots

### Small:

- 1/2 cup pear, mango, papaya, grapefruit
- 1/2 med. banana

### Medium:

- 3/4 cup blueberries, pineapple
- 1 cup raspberries, blackberries, melon
- 1 small apple, nectarine, orange, kiwi
- 1 medium peach
- 12 cherries, 17 small grapes

### Large:

- 1 & 1/4 cup strawberries, watermelon

< Higher/High Glycemic Foods >  
 Measure Don't Guess!  
Limit servings to amount shown.

## STARCH

2 serv/day

Each amount listed below = 1 serv



### Baseline Diet

First 2 weeks:

- Beans (black, pinto, kidney, white, etc.) and lentils (½ cup)
- Hummus or Bean Dip (1/3 cup)

### Starch Swap

After 2-4 weeks:

- You can swap bean serving/s for:
- Sweet/white potato (½ cup)
- Rice or Quinoa (1/3 cup)

### After Allergen Trials

Can also eat:

- Sweet corn (½ cup)
- Gluten free bread, pasta, wraps, pretzels, waffles, etc.
- Corn tortillas, corn tortilla chips
- (Serving sizes vary: use label info to stay within your daily starch serving amounts.)

Add into protein shakes at breakfast, eat as a snack with nuts/seeds or with a meal,

ADD additional 1 serv. of gluten free low carb crackers from the Specialty Food PDF



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