



NATURAL  
MED DOC

# MODIFIED PALEO- MEDITERRANEAN NUTRITION PLAN



## Vegetables, (5-9) servings daily:

Choose from a wide variety of in-season vegetables, fresh or frozen vegetables provide the most micronutrients

**Include** brightly colored, lots of leafy greens, collards, broccoli, green beans, brussels sprouts, cabbage, lettuce, chard, kale, bok choy, avocados, onions, sprouts, lentils, kidney beans, navy, pinto, black beans, chickpeas (hummus), black-eyed peas, peanuts, cucumbers, cauliflower, green pepper, tomato, cilantro, basil, other spices

**Limit** tubers like yams (severely limited) starches, corn, and white potatoes, (exclude) soy milk, tofu, and canned goods.



## Fruits, (2-3) servings daily:

Choose from a wide variety of in-season fruits, fresh and frozen fruits provide the most micronutrients. Limit daily servings to 2-3 to decrease sugar intake.

**Include** apples, pomegranate, melons, kiwi, plums, pears, pineapple, citrus fruits, cranberries, strawberries, blackberries, blueberries, peaches

**Limit** the sweeter and dried fruits like dates, raisins, prunes, figs, grapes, mango, and bananas due to the higher sugar content (these can be thought of as candy).



## **Protein (2-3) 3 oz. servings (deck of cards size):**

Prepare grilled, steamed, sautéed, or baked over low heat using olive oil, coconut oil, or avocado oil. (include) lean, free-range, all-natural, antibiotic-free, growth hormone-free proteins - game, poultry, lamb, beef, (limit)

Fish (2-3 servings per week, including only small, low mercury, cold water, wild-caught fish, such as sardines, mackerel, herring, salmon), Bacon, fatty sausages, shellfish, eggs (limit 4 per week), tofu, soy and whey protein (exclude) farm-raised fish (Specifically - tuna, swordfish, Atlantic salmon, bottom dwellers like catfish)



### **Nuts & Seeds (in order of richest in omega 3's):**

**Include** walnuts, macadamia, Brazils, filberts, pecans, cashews, almonds, also almond milk, sunflower seeds, pumpkin seeds, sesame seeds/butter, and tahini.

### **Dairy**

**Limit** unsweetened plain greek yogurt with abundant live cultures, kefir, cultured coconut milk, (severely limited) cheese, butter, and milk (exclude) fat-free.

### **Grains**

**Severely limit** Rice (Basmati, whole grain brown), Gluten-Free Oats, Quinoa, (exclude) all wheat flour, barley, Rye.

## Fats

**Include** olive oil, coconut, avocado oil

**severely limit** seed oils like sunflower, corn oil, and safflower oil Exclude lard, all Trans fats, canola oil, vegetable oil (shortening, margarine, deep fryer oils), peanut, brominated vegetable oils (in preservatives).

## Sweeteners

**Include** stevia, erythritol

**Severely limit** honey, raw cane sugar, molasses, exclude sugar, agave nectar, aspartame, NutraSweet, Splenda, saccharin, acesulfame-K.

## Exclude ALL

Processed foods, frozen meals, fast foods, convenience foods, artificial foods, chemical food additives, artificial flavorings, and all artificial sweeteners.

## **Beverages**

Include 64 ounces of clear filtered water daily, herbal unsweetened teas, and (organic) coffee (limit 1-2 cups before noon), 4 oz wine (2 days per week)

Exclude all types of soda, fruit juices, , 100% real juice, caffeinated energy drinks, sweet sports drinks, all distilled alcohol and beer, malt alcohol beverages, imitation juice, artificially flavored and colored bottled drinks



## **Exclude ALL**

Processed foods, frozen meals, fast foods, convenience foods, artificial foods, chemical food additives, artificial flavorings, and all artificial sweeteners.





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