

# 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. You will notice that some foods you can eat freely while others are still great choices, but you should plan to eat them in moderation.

## MEATS, SEAFOOD, EGGS

**Wild or Grass Fed, Hormone and antibiotic-free if possible. \*1 Serving = Deck of cards (3-4 oz.)**

- Poultry: (chicken, skinless +, chicken ground white meat, turkey skinless, turkey ground white meat
- Meat: Beef lean cuts, lamb
- Eggs (preferably Omega 3)\*  
No more than 8 per week
- Fish: Anchovies, clams, crab, flounder, herring +, haddock, oysters, mackerel, wild salmon \*+, sardines \*, shrimp, scallops, snapper, tuna (low mercury) trout

## BEANS

**EAT IN MODERATION. If possible, soak seeds, legumes and grains overnight to improve digestion, absorption and assimilation.**

**\*1 Serving = 1/2 cup.**

- Adzuki beans \*
- Black beans \*+
- Black-eyed peas
- Flava beans
- Kidney beans
- Garbanzo beans +
- Pinto beans +
- Lentils +
- Lima beans
- Navy beans
- Soybeans + (edamame) (organic)
- Split peas
- White beans +

## BREADS, CEREALS, & GRAINS

**EAT IN MODERATION. \*1 Serving = 1 slice for breads/tortilla and 1/2 cup for cereals, grains.**

- Barley
- Brown rice
- Bulgur (cracked wheat)
- Oats (old fashion or steel cut)
- Organic cornmeal
- Organic corn tortilla
- Polenta
- Sprouted grain bread
- Whole grain bread
- Whole wheat tortilla

## NUTS

**EAT SPARINGLY – raw and organic if possible. \*1 Serving = 1 oz. or 1 palm size or 2 Tbsp nut butter.**

- Almond butter
- Almonds \*
- Almonds, raw
- Brazil nuts \*
- Coconut butter
- Walnuts \*
- Cashews
- Hazelnuts
- Macadamia nuts
- Pecans
- Pine nuts \*
- Pistachios
- Walnuts \*

## SEEDS

- Amaranth
- Buckwheat
- Chia \*
- Flax \*
- Hemp \*
- Millet
- Pumpkin \*
- Quinoa
- Sunflower \*
- Sesame
- Teff

## OILS

**EAT SPARINGLY. \*1 Serving = 1 Tablespoon.**

- Avocado oil
- Coconut oil, (raw unrefined) \*
- Flaxseed oil
- Extra virgin olive
- Grapeseed oil
- Sesame oil

## FLOURS

**EAT SPARINGLY. \*Serving based on recipe.**

- Almond flour
- Amaranth flour
- Arrowroot flour
- Brown rice flour
- Buckwheat flour
- Gluten-free flour
- Organic sprouted flour
- Whole wheat flour

## PASTAS

**EAT SPARINGLY – except shirataki noodles which can be eaten freely.**

**\*1 Serving = 1/2 cup.**

- Brown rice
- Black rice
- Buckwheat
- Shirataki (look For konjac flour not yam flour) \*
- Quinoa

## BEVERAGES (all unsweetened)

**Avoid beverages with artificial sweeteners or flavorings, food dyes, or added sugars.**

**\*1 Serving = 6-8 ounces.**

- Almond milk
- Coconut milk
- Coffee (decaf)
- Hemp or Chia Milk
- Rice milk
- Soy milk, organic
- Tea, Black (decaf)
- Tea, green (decaf)
- Tea, herbal (decaf)
- Water (64 or more ounces per day)

## PRODUCE (Non-Starchy Vegetables)

### EAT FREELY. \*Serving unlimited.

- |  |  |
|--|--|
| <input type="checkbox"/> Artichokes                                  | <input type="checkbox"/> Kale                |
| <input type="checkbox"/> Arugula *                                   | <input type="checkbox"/> Leeks               |
| <input type="checkbox"/> Asparagus +                                 | <input type="checkbox"/> Lemons *+           |
| <input type="checkbox"/> Bell peppers (yellow, green, red, orange) + | <input type="checkbox"/> Lettuce             |
| <input type="checkbox"/> Bok choy +                                  | <input type="checkbox"/> Limes +             |
| <input type="checkbox"/> Broccoli *+                                 | <input type="checkbox"/> Mesclun             |
| <input type="checkbox"/> Brussels sprouts *+                         | <input type="checkbox"/> Mushrooms           |
| <input type="checkbox"/> Cabbage                                     | <input type="checkbox"/> Mustard greens      |
| <input type="checkbox"/> Carrots                                     | <input type="checkbox"/> Okra                |
| <input type="checkbox"/> Cauliflower                                 | <input type="checkbox"/> Onions *            |
| <input type="checkbox"/> Celery                                      | <input type="checkbox"/> Sea vegetables *    |
| <input type="checkbox"/> Collard greens                              | <input type="checkbox"/> Shitake mushrooms * |
| <input type="checkbox"/> Cucumbers                                   | <input type="checkbox"/> Snap peas           |
| <input type="checkbox"/> Dandelion greens                            | <input type="checkbox"/> Spinach +           |
| <input type="checkbox"/> Eggplant                                    | <input type="checkbox"/> Swiss chard         |
| <input type="checkbox"/> Fennel                                      | <input type="checkbox"/> Tomatoes +          |
| <input type="checkbox"/> Green beans                                 | <input type="checkbox"/> Watercress *        |
| <input type="checkbox"/> Jicama                                      | <input type="checkbox"/> Zucchini            |

## PRODUCE (Starchy Vegetables & Fruits)

### EAT IN MODERATION. \*1 Serving = 1/2 cup cooked, 1 cup raw starchy veggies. \*1 Serving Fruit = 3/4 cup.

- |  |  |
|--|--|
| <input type="checkbox"/> Acorn squash      | <input type="checkbox"/> Nectarines            |
| <input type="checkbox"/> Apples *+         | <input type="checkbox"/> Oranges +             |
| <input type="checkbox"/> Apricots          | <input type="checkbox"/> Papaya +              |
| <input type="checkbox"/> Avocados *+       | <input type="checkbox"/> Parsnips              |
| <input type="checkbox"/> Bananas +         | <input type="checkbox"/> Peaches +             |
| <input type="checkbox"/> Beets *+          | <input type="checkbox"/> Peas                  |
| <input type="checkbox"/> Blackberries *+   | <input type="checkbox"/> Pears +               |
| <input type="checkbox"/> Blueberries *+    | <input type="checkbox"/> Plums +               |
| <input type="checkbox"/> Butternut squash  | <input type="checkbox"/> Pomegranate *+        |
| <input type="checkbox"/> Cantaloupe        | <input type="checkbox"/> Pumpkin               |
| <input type="checkbox"/> Cherries +        | <input type="checkbox"/> Raspberries *+        |
| <input type="checkbox"/> Coconut +         | <input type="checkbox"/> Red grapes            |
| <input type="checkbox"/> Corn              | <input type="checkbox"/> Spaghetti squash      |
| <input type="checkbox"/> Cranberries (raw) | <input type="checkbox"/> Strawberries +        |
| <input type="checkbox"/> Goji berries *+   | <input type="checkbox"/> Summer squash         |
| <input type="checkbox"/> Grapes            | <input type="checkbox"/> Tangerines            |
| <input type="checkbox"/> Grapefruit +      | <input type="checkbox"/> Turnips               |
| <input type="checkbox"/> Honeydew          | <input type="checkbox"/> Winter squash         |
| <input type="checkbox"/> Kiwi *+           | <input type="checkbox"/> Yams/sweet potatoes * |
| <input type="checkbox"/> Mangoes           |  |

## REFRIGERATED PRODUCTS

### \* Serving size noted below. Can choose 2 daily.

- Cheese (hard cheese: Parmesan –Reggiano or extra sharp ) (1-2 tablespoons)
- Whole Eggs, preferably omega 3\*
- Guacamole (1/4 cup)
- Hummus (ideally homemade, but if store-bought look for a hummus made with extra virgin olive oil and no preservatives. Lemon should be the only preservative (1/4 cup)
- Salsa (1/4 cup)
- Tzatziki (1/4 cup)
- Tofu (organic)
- Greek yogurt (unsweetened 8 oz.)
- Mayonnaise (vegan/organic) (1-2 tablespoons)

## HEALTHY TREATS & NATURAL SWEETNERS

### EAT SPARINGLY. \* Servings noted below. Can choose 1 daily.

- Applesauce, unsweetened (1/2 cup)
- Dark chocolate (7-%) cacao (10-20 grams, equivalent to 1-2 squares)
- Dried fruits (currants, dates, figs, prunes, raisins (sulfite-free) 1-2 small pieces)
- Raw honey (1teaspoon)
- Pure maple syrup (1 teaspoon)
- Mayonnaise (vegan/organic) (1-2 tablespoons)
- Whole leaf stevia extract (n/a) (1-2 tablespoons)

## SPICES, SEASONINGS & DRESSINGS

### EAT FREELY. Rotate new spices into your diet often.

- |   |   |                                      |
|---|---|--------------------------------------|
| <input type="checkbox"/> Balsamic vinegar     | <input type="checkbox"/> Curry                              | <input type="checkbox"/> Mustard     |
| <input type="checkbox"/> Balsamic vinaigrette | <input type="checkbox"/> Dill                               | <input type="checkbox"/> Nutmeg      |
| <input type="checkbox"/> Basil                | <input type="checkbox"/> Garlic *                           | <input type="checkbox"/> Parsley *   |
| <input type="checkbox"/> Chilies *            | <input type="checkbox"/> Ginger *                           | <input type="checkbox"/> Raw cacao * |
| <input type="checkbox"/> Cinnamon             | <input type="checkbox"/> Kimchi                             | <input type="checkbox"/> Rosemary    |
| <input type="checkbox"/> Cilantro *           | <input type="checkbox"/> Marinara sauce (organic low-sugar) | <input type="checkbox"/> Saffron     |
| <input type="checkbox"/> Clove                | <input type="checkbox"/> Marjoram                           | <input type="checkbox"/> Sage        |
| <input type="checkbox"/> Coriander            | <input type="checkbox"/> Miso *                             | <input type="checkbox"/> Thyme       |
| <input type="checkbox"/> Cumin                |   | <input type="checkbox"/> Turmeric    |

\*= Dr. Hyman's top superfoods    + = Dr. Amen's best brain foods

Superfoods are whole foods that have not been processed and go beyond basic nutrition. They are foods that contain various combinations of vitamins, minerals, or antioxidants that help prevent disease and sickness while promoting outstanding health benefits.