**Mito Food Plan**

### PROTEINS

**Proteins**

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Free-range, grass-fed, organically grown meats; non-GMO plant proteins; and wild-caught fish preferred

**Animal Proteins:**
- Fish: Omega-3 rich: cod, mackerel, sardines, Alaskan salmon, halibut, herring, shrimp, tuna, etc.–1 oz
- Meat: Beef, buffalo, elk, lamb, venison, other wild game–1 oz
- Poultry: Chicken (skinless), Cornish hen, turkey–1 oz
- Cheese, hard–½ oz
- Cheese–1 oz
- Cottage cheese–¼ c
- Parmesan cheese–½ c

**Plant Protein:**
- Edamame–½ c
- Green peas–½ c
- Black soybeans (cooked)–½ c
- Edamame (cooked)–½ c

**Protein Powder:**
- Check label for # grams/scoop (1 protein serving = 7 g protein)
- Egg, hemp, pea, rice, soy, whey protein

**DAIRY & ALTERNATIVES**

**Proteins/Carbs**

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Unsweetened
- Ricotta cheese–½ c
- Egg–1, or 2 egg whites
- Egg substitute–½ c
- Miso–3 T
- Tofu, tempeh–½ c
- Burger alternatives: Bean, mushroom, soy, veggie–1 oz

**Protein Powder:**
- Check label for # grams/scoop (1 protein serving = 7 g protein)
- Egg, hemp, pea, rice, soy, whey protein

**Dairy & Alternatives**

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- Buttermilk–8 oz
- Kefir, plain–6 oz
- Milk: Cow, goat–8 oz
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, soy–8 oz

**Freezer:**
- Refried beans, vegetarian–½ c
- Hummus or other bean dips–⅛ c

**Protein Powder:**
- Check label for # grams/scoop (1 protein serving = 7 g protein)
- Egg, hemp, pea, rice, soy, whey protein

1 serving = 110 calories, 15 g carbs, 7 g protein

### NUTS & SEEDS

**Proteins/Fats**

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<th>Items in blue indicate preferred/therapeutic foods</th>
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**Notes:** Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.