

Fiber content of common foods:

- Broccoli 1 cup = 2.4 grams
- Artichoke, medium = 7 grams
- Brussels sprouts 1 cup = 4 grams
- Cauliflower 1 cup = 2.1 grams
- Spinach 1 cup = 2.4 grams
- Kale 1 cup = 2.6 grams
- Asparagus 1 cup = 2.8 grams
- Almonds 1 oz = 3.5 grams
- Raspberries ½ cup = 4 grams
- Blueberries ½ cup = 2 grams

Low carb diet ratios:

Protein ~25-35%

Fats ~40-50%

Carbohydrates/fiber ~25%

2,000 calorie diet:

Protein: ~500-700 calories

Fats: ~800-1,000 calories

Carbohydrates/fiber: ~500 calories

Protein: ~125-175 grams

Fats: ~89-111 grams

Carbohydrates/fiber: ~125 grams

Protein content of common foods:

- 1 chicken breast = 20 grams
- Eggs = 6 grams
- Fish 3 oz = 17 grams
- Steak 3 oz = 20 grams
- Pork 3 oz = 20 grams
- Almonds 1 oz = 6 grams
- Broccoli 1 cup = 3 grams
- Pumpkin seeds 1 oz = 5 grams

Fat content – include a mix of:

Saturated fats

- Primarily animal sourced
- Lard, tallow 1 oz = 9 grams
- Grassfed butter 1 tbsp = 7 grams
- Non-animal: coconut oil, palm oil 1 tbsp = 12 grams

Poly-unsaturated fats

- Fish (salmon, mackerel, herring, albacore tuna, and trout) 3 oz = 10 grams
- Walnuts, sunflower seeds, flax seeds 1 oz = 4 grams

Mono-unsaturated fats

- Extra virgin olive oil 1tbsp = 10 grams
- Nuts & nut oil; 1 oz raw nuts = 8 grams; 1 tbsp 6 grams
- Seeds & seed oil; 1 oz raw seeds = 5 grams; 1 tbsp oil = 6 grams
- Avocado & avocado oil; 1 avocado = 20 grams; 1 tbsp oil = 10 grams

Swiss Acupuncture

Follow this guideline 80%, indulge 20%

Name: _____

Date: _____

Organic Vegetables

(4-6 cups per day total, fresh, COOKED)

1. 1-6 cups of green vegetables – pick ANY – broccoli, broccolini, kale, spinach, arugula, bok choy, green beans, celery, brussel sprouts, asparagus, fennel, zucchini, leeks
2. 1-2 cups colored vegetables - colored carrots, beets, mushrooms, peppers, onions, cauliflower

Cooking method: roasting, steaming, light sautéing – colors should remain bright. Use coconut oil or butter for cooking, olive oil as a condiment.

As instructed by your consultant:

Raw vegetables _____

Salads _____

Quality Protein (3 servings per day COOKED)

1. 3 whole eggs
2. 4-6 ounces of protein per day, small fist size

Choose from the following:

- **Beef, veal or game meat** – organic, grass-fed
- **Fish** – salmon, sardines, anchovies, haddock, petrol sole, summer flounder, trout – wild, yellowfin or bluefin tuna
- **Other seafood** – scallops, shrimp, squid, clams, mussels, oysters, lobster, crab, crawfish - wild
- **Poultry:** free range chicken, duck or goose, pork - pastured

As instructed by your consultant:

Quality Fats (eat items 1-3 daily)

1. 2TBS of butter – Kerrygold brand, or pastured and free range, raw, can be used for low temp cooking
2. 3 eggs – pastured, free range
3. 1 handful of almonds or walnuts - RAW

Bonus Fats =)

4. Extra virgin olive oil or avocado oil – organic generous amount, do not cook, consume raw
5. Organic coconut oil - 2-3TBS for cooking or raw consumption

As instructed by your consultant:

_____ large organic avocado

_____ TBS of organic coconut oil, cream or milk

_____ 2-3oz servings of wild fish

_____ 8oz cup of bone or marrow broth

Other _____

Organic Fruits OR Carbohydrates

(2-4 servings per WEEK TOTAL, FRESH)

Choose from the following:

1. 1-4 cups of berries - strawberries, blueberries, raspberries, blackberries, boysenberries
2. 1-2 servings of other fruits – small apple, lemon, lime, small apple, small pear, apricots (2 per serving), plums (1-2 per serving)

3. 1-4 cups of grains or starchy vegetables

Quinoa, wild rice, sweet potato, teff, sprouted whole grains pumpkin, butternut squash, yam, carrot - organic

As instructed by your consultant:

Swiss Acupuncture - Weekly Shopping List

Organic Vegetables

(4 cups per day = 7+lbs a week – not a typo)

Leafy vegetables: 1lb = 1-1.5 cups cooked

Most other vegetables: 1lb = 3-4 cups cooked

3. **Green vegetables** - pick ANY - broccoli, broccolini, kale, spinach, arugula, bok choy, green beans, celery, brussel sprouts, asparagus, fennel, zucchini, leeks – organic
4. **Colored vegetables** - colored carrots, beets, mushrooms, peppers, onions, cauliflower - organic

Approved by your consultant:

Quality Protein

(3 servings per day – COOKED)

1. **Eggs** (already in the fats shopping category)
2. **3-4lbs of protein**

Choose from the following:

- **Beef, veal or game meat** - organic, grass-fed
- **Fish** – salmon, sardines, anchovies, haddock, petrol sole, summer flounder, trout - wild
- **Other seafood** – scallops, shrimp, squid, clams, mussels, oysters, lobster, crab, crawfish – wild
- **Poultry:** duck or goose, pork - pastured

Approved by your consultant:

Quality Fats

6. **Butter** – Kerrygold brand, or pastured & free range butter, or raw butter; salted or unsalted
7. **14 eggs** per week - pastured, free range
8. **1 bag of raw almonds or walnuts** – organic
9. **Extra virgin olive oil** or **avocado oil** – organic
10. **Coconut oil, milk or cream** – organic
11. **Bone broth** – organic, chicken or beef
12. **Avocados** – organic

Approved by your consultant:

Organic Fruits AND/OR Carbohydrates

(2-4 servings per WEEK)

4. **1 tray of fresh berries** - strawberries, blueberries, raspberries, blackberries, boysenberries
5. **1-2 servings of other fruits** – small apple, lemon, lime, small apple, small pear, apricots (2 per serving), plums (1-3 per serving)
6. **1 bag of grains** - quinoa, wild rice, teff or sprouted whole grains – sprouted or organic
7. **1 starchy vegetable** - pumpkin, butternut squash, yam or carrot - organic

Approved by your consultant:
