

Menu Planning - Nutrient Dense Food and Superfoods

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(1) Protein:	(2) Healthy Fat:	(3) Vegetables:	(4) Fruits:	(5) Whole Grains:	(7) Spices:
<ul style="list-style-type: none"> • Turkey • Chicken • Fish/Seafood (salmon*) • Beef/veal • Nitrate/nitrite free pork • Lamb • Beans* and Lentils • Eggs (Omega 3 enriched) • 2% Greek yogurt* • Tofu • Low-fat cheeses (goat, feta, cottage, mozzarella) • Nuts* and seeds* • Soy/Whey powder 	<ul style="list-style-type: none"> • Avocado* • Olives/Olive oil* • Canola oil • Coconut flakes/oil • Fish oil • Found flaxseed/Flax oil* • Nuts/Seeds oils butters* • Butter 	<ul style="list-style-type: none"> • Artichokes • Asparagus • Bell peppers • Beets • Brussels sprouts • Broccoli* • Cabbage • Carrots • Celery • Cauliflower • Cucumber • Eggplant • Garlic* • Green leaf (spinach* kale*) • Leeks • Mushrooms • Onion (red onion*) • Okra • Peas • Radish • Tomatoes* • Turnips • Winter squash • Zucchini 	<ul style="list-style-type: none"> • Apricot • Apple • Banana • Berries* • Cantaloupe • Cherries • Cranberry • Fig • Grapefruit • Grapes • Guava* • Kiwi • Limes/lemons • Mango* • Nectarine • Orange • Peach • Pear • Pineapple • Plums/prune • Pomegranate* • Watermelon 	<ul style="list-style-type: none"> • Barley • Brown rice • Millet • Oats* • Quinoa* • Wheat • Whole grain pasta • Whole grain bread • Whole grain cereal 	<ul style="list-style-type: none"> • Chili powder • Ginger • Fennel • Garlic • Pepper • Turmeric • Cayenne • Thyme • Basil • Cinnamon • Rosemary • Onion • Peppermint • Lemon pepper