



# Nutritional Frontiers

## Customized Food Program

### Meal Plan For Weight and Blood Sugar Management

	Yes	No
<b>Fruits</b>	All fresh, frozen, water-packed, or canned, limited to 1-2 per day	Juice, grapefruits, oranges or citrus
<b>Vegetables</b>	All fresh raw, steamed, sautéed, juiced, or roasted	Corn; tomato, <b>creamed vegetables</b>
<b>Starch</b>	Brown and black rice, sweet potatoes, yams, gluten free oats, and quinoa	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products, bagels, breads
<b>Bread/Cereal</b>	Limit 1-2 slices per day- Ezekiel bread, 100% whole grain bread, minimum of 3 grams of fiber per slice	Processed carbs, wheat, spelt, kamut, rye, barley; all gluten-containing products
<b>Legumes</b>	All beans, peas, and lentils	All Soy products, Soybeans, tofu, tempeh
<b>Nuts and Seeds</b>	Almonds, cashews, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds	Peanuts, peanut butter
<b>4 to 12 ounces per week Meat and Fish</b>	Organic and Free Range, All canned (water-packed), frozen, or fresh fish; chicken; turkey; wild game; beef	Pork, cold cuts, hot dogs, sausage, canned meats, shellfish
<b>Milk and Dairy Substitutes</b>	Unsweetened Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks	<b>NO MILK, Cheese, Ice Cream, Pizza, Grilled Cheese</b> , cottage cheese, cream, yogurt, “non-dairy” creamers
<b>Fats</b>	Cold pressed olive, flax, coconut, safflower, sunflower, sesame, walnut, pumpkin, almond oils, omega 3 fish oils	<b>Fried Foods, Fast Foods, Margarine, butter, shortening, salad dressings processed (hydrogenated) oils, mayonnaise, spreads</b>
<b>Beverages</b>	WATER Filtered or pure spring water, herbal tea, seltzer or mineral water	<b>Soda pop or soft drinks, juice</b> , alcoholic beverages, coffee, tea, other caffeinated beverages
<b>Spices/Condiments</b>	All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar	Chocolate, ketchup, relish, chutney, soy sauce, barbeque sauce, other condiments
<b>Sweeteners</b>	Stevia	Artificial Sweeteners, High Fructose Corn Syrup, White or brown refined sugar, honey, maple syrup, corn syrup, candy; desserts



**Nutritional Frontiers**  
*breaking through nutritional boundaries*

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