

The Modified Paleo-Mediterranean Diet as described by Alex Vasquez, DC, ND, DO

Vegetables, (5-9) servings daily: choose from a wide variety of fresh, in season, or frozen vegetables, brightly colored, lots of leafy greens, collards, broccoli, green beans, Brussels sprouts, cabbage, lettuce, chard, kale, bok choy, avocados (limit) tubers like yams (severely limit) starches like corn, white potatoes. Avoid canned goods.

Fruits, (2-3) servings daily: a wide variety of fruits, (especially fresh locally grown fruits in season) fresh, frozen, or dried apples, pomegranate, melons, kiwi, plums, pears, pineapple, mango, citrus fruits, figs, dates, raisins, cranberries, (limit) the sweeter and dried fruits like dates, raisins, prunes, grapes and bananas due to the higher sugar content (they are to be used as sweets).

Protein (2-3) 3 oz. servings (deck of cards size) prepare grilled, steamed, stewed, sautéed over low heat: lean, free range, all natural, antibiotic free, growth hormone free proteins, game, chicken, liver, poultry, turkey, lamb, lean beef, (limit to once a week) fish (2-3 servings per week, including) small, low mercury, cold water, wild caught fish, such as sardines, mackerel, herring, salmon), (*excluding!* farm raised, *unless* organic), also *excluding!* tuna, swordfish, atlantic salmon, bottom dwellers like catfish, and (limit) shellfish, eggs (limit 4 per week) also tofu, soy and whey protein

Legumes, (including, one serving) lentils, beans of all kinds, kidney beans, navy, pinto, black beans, chickpeas (hummus), black eyed peas, peanuts) also soy milk, tofu, (limit) to one serving per day, non GMO, organic soy

Seeds including sunflower, pumpkin, sesame butter (tahini)

Nuts (in order of richest in omega 3's) including walnuts, macadamia, Brazils, filberts, pecans, cashews, almonds, also almond milk

Berries (including) blueberries, raspberries, blackberries, currants, etc

Dairy, (including) yogurt with abundant live cultures like greek yogurt, activia, kefir, also cultured soy or coconut milk, (severely limited) cheese, (excluding) milk, butter, ice cream, sour cream

Grains (severely limit, or exclude all) whole grain brown rice, certified gluten free oats, quinoa. (Gluten Free: No wheat ,barley or rye).

Fats (including) olive oil, canola, coconut, (severely limiting, excluding!) seed oils like sunflower, corn, safflower, (excluding!) lard, all Trans fats, (shortening, margarines, deep fryer oils), peanut, brominated vegetable oils (in preservatives)

Sweeteners (including) honey, agave nectar, stevia, (severely limiting, exclude) raw cane sugar, molasses, (excluding) sugar, aspartame, NutraSweet, Splenda, saccharin, acesulfame-K

Beverages (including) 64 ounces of clear filtered water daily, teas, (include 1 serving green tea) and (organic) coffee in moderation, 4 oz wine (optional, limit) excluding all types of soda, fruit juices, Kool-aid, artificially flavored and bottled drinks, imitation juice, caffeinated energy drinks (excluding) all distilled alcohol and beer, malt alcohol beverages

Excluding ALL commercially made foods, frozen meals, fast foods, convenience foods, artificial foods, chemical food additives, artificial flavorings, and all artificial sweeteners

Number and size of portions and also amounts of carbohydrates consumed should be directly related/proportional to overall calorie requirements, and whether weight loss is desirable