The Good Foods *List*

Food glorious food. Eating is simply one of life's greatest pleasures. Stocking your pantry and refrigerator with healthy choices is a practical first step in your journey to better health. Understanding what portions and servings are is important to developing healthy eating habits for a lifetime. Use The Daniel Plan Plate as a guideline for every meal:

* Dr. Hyman's top superfoods
+ Dr. Amen's best brain foods

50% Non-Starchy Vegetables

- Artichokes
- Arugula *
- Asparagus +
- Bell Peppers (Yellow, Green, Red & Orange) +
- Bok Choy +
- Broccoli *+
- Brussels Sprouts *+
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumbers
- Dandelion Greens
- Eggplan
- Fennel
- Green Beans
- Jicama
- Kale *
- Leeks
- Lemons *+
- Lettuce
- Limes +
- Mesclun
- Mushrooms
- Mustard Greens
- Okra
- Onions *
- Radish
- Sea Vegetables *
- Shitake Mushrooms *
- Snap Peas
- Spinach +
- Swiss Chard
- Tomatoes +
- Watercress *
- Zucchini

25% Healthy Animal Protein or Vegetable Protein

If you are a vegetarian or vegan, see vegetable protein section for food options.

Meats & Seafood

Wild or Grass-Fed, Hormone and Antibiotic-Free if possible.

- Anchovies
- Beef, lean cuts
- Chicken, ground white meat
- Chicken, skinless +
- Clams
- Crab
- Flounder
- Haddock
- Herring +
- Lamb
- Mackerel
- Oysters
- Salmon, wild *+
- Sardines *
- Scallops
- Shrimp
- Snapper
- Trout
- Tuna (low-mercury) +
- Turkey, ground white meat
- Turkey, skinless +

Vegetable Protein

Side Note: Combining one or more proteins sources at a meal is helpful. Adequate intake with a wide variety of foods from all food groups should fulfill your protein needs.

- Adzuki Beans *
- Black Beans *+
- Black-Eyed Peas
- Fava Beans
- Kidney Beans
- Pinto Beans +
- Garbanzo Beans +
- Lentils +
- Lima Beans
- Navy Beans
- Split Peas +
- White Beans +
- Arugula *
- Asparagus +
- Broccoli *+
- Brussels Sprouts
- Peas
- Quinoa
- Spinach
- Collard Greens
- Mushrooms
- Kale
- Artichokes
- Nut Butters
- Bulger
- Pumpkin & Sunflower Seeds
- Almonds
- Avocado

25% Healthy Starch

If possible, soak seeds, legumes and grains overnight to improve digestion, absorption and assimilation

- Adzuki Beans *
- Black Beans *+
- Black-Eyed Peas
- Fava Beans
- Kidney Beans
- Pinto Beans +
- Garbanzo Beans +
- Lentils +
- Lima Beans
- Navy Beans
- Split Peas +
- White Beans +
- Barley
- Brown Rice
- Bulgur (Cracked Wheat)
- Oats (Old Fashioned or Steel Cut)
- Organic Cornmeal
- Organic Corn Tortillas
- Polenta
- Sprouted Grain Bread
- Whole Grain Bread
- Whole Wheat Tortillas
- Quinoa

Low-Glycemic Fruit

- Berries
- Cherries
- Apricots
- Plums
- Oranges
- Pears
- Grapefruit
- Peaches
- Green Apples
- Grapes
- Prunes
- Kiwi
- Watermelon
- Coconut
- Tangerines
- Cantaloupe
- Oranges
- Avocados *+

Drinks

- Almond Milk, Unsweetened
- Coconut Milk, Unsweetened
- Coffee (Decaf)
- Hemp or Chia Milk, Unsweetened
- Rice Milk, Unsweetened
- Tea, black (Decaf)
- Tea, green
- Tea, herbal
- Water (64 or more oz./day