



MENO CLINIC  
CENTER FOR FUNCTIONAL MEDICINE

# Dr. Mark's Dinner Plate

50% Low-Glycemic Index Vegetables  
25% Carbohydrates • 25% Meat or Other Protein

## Low-Glycemic Index Vegetables

Beets  
Bok Choy  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Cucumber  
Green Beans  
Lettuce, Greens  
Mushrooms  
Okra  
Onions  
Peppers  
Salsa  
Spinach  
Tomatoes  
Turnips  
Vegetable Juice

## Starches

*(Ideally glycemic index  $\leq 55$ )*

Beans/peas (*eg, black-eyed peas, navy or pinto beans*)  
Bread (*whole-grain, high-fiber*)  
Corn • Green Peas • Lima Beans  
Crackers, Snack Chips (*low-fat*)  
Popcorn (*fat-free*) • Pretzels  
Quinoa • Wild/Brown Rice  
Winter Squash

## Meat or Other Protein

Chees (*low-fat*)  
Eggs  
Fish (*no tuna or swordfish*)  
Lean Beef • Pork (*grass-fed*)  
Wild Game  
Poultry (*chicken, turkey*)  
Shellfish (*clams, crab, oysters, shrimp*)  
Tofu