



BSL Food Planner — Quick Reference List

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This is a sampling of ideas for food-swaps and for adding more high value plant variety to your diet to help guide your choices - not a suggestion to focus on counting!

Full plant servings are not required to meet variety targets. The first priority is to find more new whole foods you can love that also leave you more energized and more satiated for longer. Consider just a few new foods at a time.

The Fiber column is shaded to highlight excellent fiber sources (green = 5g+ per serving) and good (yellow = 2.5–4.9g); unshaded cells are simply lower in fiber at this serving size.

Find the population average default targets on the last page.

VEGETABLES

Buy	Food	Serving Size	g or ml	Protein (g)	Fiber (g)	Net Carb (g)	Calories (kcal)
	Artichokes	1 medium, cooked	120g	4.0	7.0	6.0	60
	Asparagus	1 cup, cooked	180g	4.0	3.6	3.8	40
	Broccoli	1 cup, cooked	156g	4.0	5.0	4.0	55
	Brussels Sprouts	1 cup, cooked	156g	4.0	4.0	6.0	65
	Carrots	1 cup, cooked	156g	1.0	5.0	8.0	55
	Cauliflower	1 cup, cooked	124g	2.0	3.0	2.0	25
	Fennel	1 cup, raw sliced	87g	1.0	3.0	3.0	25
	Garlic	3 cloves	9g	0.6	0.3	2.7	13
	Ginger	1 Tbsp, fresh	6g	0.1	0.1	1.2	5
	Green Beans	1 cup, cooked	125g	2.0	4.0	4.0	35
	Green Onions	½ cup, chopped	50g	1.0	1.0	2.0	16
	Green Peas	1 cup, cooked	160g	8.6	8.8	16.0	134
	Kohlrabi	1 cup, raw	135g	2.0	5.0	3.0	36
	Mushrooms	1 cup, sliced, cooked	156g	3.0	2.0	2.0	44
	Onions – red, yellow	1 cup, chopped	160g	2.0	3.0	11.0	65
	Peppers – R/Y/Or/Gr	1 cup, chopped	149g	1.0	3.0	6.0	30
	Radish – red, black, watermelon, daikon	1 cup, sliced	116g	1.0	2.0	2.0	19
	Scallions	½ cup, chopped	50g	1.0	1.0	2.0	16
	Shallots	¼ cup, chopped	40g	1.0	1.0	6.0	29
	Squash (acorn, butternut, ...)	1 cup, cooked	205g	2.0	6.0	16.0	80

LEAFY GREENS

Buy	Food	Serving Size	g or ml	Protein (g)	Fiber (g)	Net Carb (g)	Calories (kcal)
	Arugula	2 cups, raw	40g	1.0	1.0	1.0	10
	Kale	1 cup, raw, chopped	67g	2.0	1.0	4.0	33
	Lettuce – Red Leaf	2 cups, shredded	72g	1.0	1.0	1.0	10
	Lettuce – Romaine	2 cups, shredded	94g	1.0	2.0	1.0	15
	Spinach	2 cups, raw	60g	2.0	1.0	1.0	14
	Sprouted Greens (mustard, broccoli, arugula)	1 cup	35g	2.0	1.0	1.0	10
	Watercress	1 cup, raw	34g	1.0	0.2	0.0	4

GRAINS

Buy	Food	Serving Size	g or ml	Protein (g)	Fiber (g)	Net Carb (g)	Calories (kcal)
	Buckwheat Groats	½ cup, cooked	84g	3.0	2.0	17.0	78
	Steel Cut Oats	½ cup, cooked	117g	5.0	4.0	23.0	150
	Wheatberries (whole)	½ cup, cooked	85g	5.0	3.0	30.0	150
	Wild Rice (not a true rice)	½ cup, cooked	82g	3.0	1.5	15.0	83

NUTS & SEEDS

Buy	Food	Serving Size	g or ml	Protein (g)	Fiber (g)	Net Carb (g)	Calories (kcal)
	Nuts – Almond	1 oz (~23 nuts)	28g	6.0	3.5	2.5	164
	Nuts – Macadamia	1 oz (~10–12 nuts)	28g	2.0	2.4	1.5	204
	Nuts – Pistachio	1 oz (~49 kernels)	28g	6.0	3.0	5.0	159
	Nuts – Walnut	1 oz (~14 halves)	28g	4.0	2.0	2.0	185
	Seeds – Chia	2 Tbsp	28g	4.0	10.0	2.0	137
	Seeds – Flax (ground)	2 Tbsp	14g	2.5	4.0	0.0	75
	Seeds – Hemp	3 Tbsp	30g	10.0	1.2	0.6	166
	Seeds – Pumpkin	1 oz	28g	9.0	1.7	2.0	151
	Seeds – Sesame	2 Tbsp	18g	3.0	2.0	2.0	103
	Seeds – Sunflower	1 oz	28g	6.0	3.0	3.0	165

FRUITS

Buy	Food	Serving Size	g or ml	Protein (g)	Fiber (g)	Net Carb (g)	Calories (kcal)
	Apple	1 medium	182g	0.5	4.4	20.0	95
	Banana	1 medium	118g	1.3	3.1	23.0	105
	Blackberries*	1 cup	144g	2.0	8.0	6.0	62
	Blueberries	1 cup	148g	1.0	3.6	17.0	84
	Grapefruit	½ medium	123g	0.8	2.0	9.0	52
	Kiwi	1 medium	69g	0.8	2.1	8.0	42
	Oranges	1 medium	131g	1.2	3.1	12.0	62
	Pomegranate	½ cup, arils	87g	1.5	3.5	12.0	72
	Raspberries*	1 cup	123g	1.5	8.0	6.0	64

SPICES & HERBS

Buy	Food	Serving Size	g or ml	Protein (g)	Fiber (g)	Net Carb (g)	Calories (kcal)
	Basil (fresh)	1 Tbsp, chopped	2.4g	0.0	0.1	0.1	1
	Cardamom	¼ tsp, dried	0.5g	0.0	0.1	0.3	2
	Chives (fresh)	1 Tbsp, chopped	3g	0.1	0.1	0.1	1
	Cinnamon	¼ tsp, dried	0.65g	0.0	0.3	0.8	2
	Cloves	¼ tsp, dried	0.55g	0.0	0.1	0.3	2
	Coriander (ground)	¼ tsp, dried	0.45g	0.0	0.2	0.2	1
	Herb Teas (chamomile, peppermint, etc.)	1 cup, brewed	240ml	0.0	0.0	0.5	2
	Mint (fresh)	1 Tbsp, chopped	3.2g	0.1	0.1	0.1	1
	Nutmeg	¼ tsp, dried	0.55g	0.0	0.1	0.4	3
	Oregano (fresh)	1 Tbsp, chopped	1.4g	0.0	0.1	0.1	1
	Paprika – Hungarian Hot	¼ tsp, dried	0.5g	0.1	0.1	0.3	2
	Paprika – Regular	¼ tsp, dried	0.5g	0.1	0.1	0.3	2
	Parsley (fresh)	1 Tbsp, chopped	3.8g	0.1	0.1	0.1	1
	Pepper (black, ground)	¼ tsp, dried	0.5g	0.0	0.1	0.3	1
	Rosemary (fresh)	1 Tbsp, chopped	1.7g	0.0	0.1	0.1	1
	Sumac	¼ tsp, dried	0.5g	0.0	0.1	0.3	2
	Thyme (fresh)	1 tsp, chopped	1g	0.0	0.1	0.1	1
	Turmeric	¼ tsp, dried	0.55g	0.0	0.1	0.4	2

FERMENTS – LIVE

Buy	Food	Serving Size	g or ml	Protein (g)	Fiber (g)	Net Carb (g)	Calories (kcal)
	Kefir	1 cup	240ml	9.0	0.0	9.0	110
	Kimchi	½ cup	75g	1.5	2.0	2.0	23
	Kombucha (low sugar)	1 cup	240ml	0.0	0.0	4.0	30
	Miso	1 Tbsp	17g	2.0	1.0	3.0	34
	Sauerkraut	½ cup	75g	1.0	2.0	2.0	17
	Yoghurt – live bacteria, unsweetened	¾ cup	170g	9.0	0.0	8.0	100

FERMENTS – NOT LIVE

Buy	Food	Serving Size	g or ml	Protein (g)	Fiber (g)	Net Carb (g)	Calories (kcal)
	Cheese – Aged Cheddar	1 oz	28g	7.0	0.0	0.4	113
	Cheese – Blue	1 oz	28g	6.0	0.0	0.7	100
	Cheese – Gouda	1 oz	28g	7.0	0.0	0.6	101
	Cheese – Parmesan Reggiano	1 oz	28g	10.0	0.0	0.9	111
	Cheese – Pecorino	1 oz	28g	9.0	0.0	1.0	110
	Coffee	1 cup	240ml	0.3	0.0	0.0	2
	Dark Chocolate (70%+)	1 oz	28g	2.0	3.0	10.0	170
	Tea	1 cup	240ml	0.0	0.0	0.0	2

MEAT, POULTRY, SEAFOOD (SERVING = WEIGHT BEFORE COOKING)

Buy	Food	Serving Size	g or ml	Protein (g)	Fiber (g)	Net Carb (g)	Calories (kcal)
	Chicken Breast	4 oz, raw → 3 oz cooked	113g	26.0	0.0	0.0	140
	Chicken Thigh	4 oz, raw → 3 oz cooked	113g	22.0	0.0	0.0	178
	Fish – Cod	4 oz, raw → ~3.2 oz cooked	113g	21.0	0.0	0.0	95
	Fish – Salmon	4 oz, raw → ~3.2 oz cooked	113g	20.0	0.0	0.0	185
	Fish – Sardines	4 oz, raw → ~3.2 oz cooked	113g	23.0	0.0	0.0	189
	Fish – Tuna	4 oz, raw → ~3.2 oz cooked	113g	26.0	0.0	0.0	117
	Lamb	4 oz, raw → ~2.9 oz cooked	113g	20.0	0.0	0.0	190
	Pork – Lean Ground	4 oz, raw → ~2.8 oz cooked	113g	21.0	0.0	0.0	174
	Pork Loin Chop - fat trimmed	4 oz, raw → ~2.9 oz cooked	113g	24.0	0.0	0.0	140
	Scallops	4 oz, raw → ~3.2 oz cooked	113g	18.0	0.0	2.0	101
	Shrimp	4 oz, raw → ~3.1 oz cooked	113g	18.0	0.0	0.0	87
	Turkey	4 oz, raw → 3 oz cooked	113g	26.0	0.0	0.0	115

NUTRITION LIST NOTES

Nutrition values listed are typical/approximate reference figures (rounded), not lab-tested.

Meat/poultry/seafood: the amount shown is raw purchase weight;

Protein and Calories reflect the cooked, edible portion (source: USDA FoodData Central, cooked-basis values, adjusted for typical cooked yield).

For more foods and more exact portions and nutritional details, [CRONOMETER](#) (JC's favorite) or a similar calculator.

TARGETS & PERSONAL GOALS

Based on a **30/30/30 eating pattern** for the average adult, plus 3 fermented-food servings across 3 meals:

30 grams Fiber per day, 30 Plant Varieties per week, and 30 grams protein per day (x 3 meals).

Personal (custom) values may vary depending on size, gender, physical activity levels or other personal considerations. A column has been provided to capture your personal custom values.

Goal	Time Period	Units	Default Value*	Custom Value
Ferments – Live	Daily	servings	3	
Unique Plant Foods	Weekly	servings	30	
Protein	Daily	grams	90	
Fiber	Daily	grams	30	
Net Carbs (carb – fiber)	Daily	grams	110	
Fat*	Daily	grams	n/a	
Calories / Energy	Daily	kCal	2000	

*Fat is not profiled and no default value set - this list prioritizes the values we want to focus on like fiber, ferments, and the protein values people don't often expect from plant sources.