

Dr. Kara Fitzgerald's Dietary Prescription

Fruit and Vegetables

Details

2 cups of dark, leafy greens (daily)

Measured raw, chopped, and packed
 Can be eaten raw or cooked.
 Swiss chard, kale, collards, spinach, dandelion, and mustard greens
 Does not include romaine, iceberg, and spring mix

2 cups of cruciferous vegetables (daily)

Measured raw, chopped, and packed
 Can be eaten raw or cooked.
 Broccoli, cabbage, cauliflower, Brussels sprouts, bok choy, arugula, kale, mustard greens, watercress, rutabaga, kohlrabi, radish, Swiss chard, and turnip

3 cups of colorful vegetables (daily)

A variety of colorful vegetables of your choosing
 Exclude white potatoes and sweet corn

1-2 beets (daily)

Medium-sized

Nuts, Seeds, and Fruit

Details

4 tablespoons of pumpkin seeds (daily)

Or pumpkin-seed butter

4 tablespoons of sunflower seeds (daily)

Or sunflower-seed butter

½ cup berries (daily)

Wild preferred (you can find frozen brands)

2 servings of low-glycemic fruit (daily)

Examples: grapefruit, pears, apples, oranges, and plums

Herbs and Spices

Details

½ teaspoon rosemary

1 or more servings recommended from Herbs and Spices list daily

½ teaspoon turmeric

2 medium garlic cloves

2 cups of green tea

Brewed for 10 minutes

3 cups of oolong tea

Brewed for 10 minutes

Animal Foods

Details

6 ounces of animal protein (daily)

Grass-fed, pasture-raised, organic, and hormone/antibiotic-free

5-10 eggs (weekly)

Free-range, organic, omega-3 enriched

3 servings of liver (weekly)

1 serving = 3 ounces
 Preferably from grass-fed, pasture-raised, or organic source

General Diet Guidance

Details

Include healthy oils (daily)

Mix it up and use different types: coconut, extra-virgin olive, flaxseed, and pumpkin-seed

Stay hydrated

Check out my [Hydration Protocol](#) for tips on how to stay properly hydrated

Don't eat between 7:00 p.m. and 7:00 a.m.

Intermittent fasting routine

Avoid inflammatory foods

Sugar, candy, dairy, grains, legumes, and beans

Odds and Ends

Minimize plastic food containers

Lifestyle Prescription

Exercise Prescription

Minimum of 30 minutes of exercise every day for at least 5 days a week at 60-80% intensity.
 Participants were encouraged to participate in any form of exercise that was enjoyable to them that met these criteria.
 Examples: walking, tennis, hiking, and cleaning the house

Sleep Prescription

A minimum of seven hours of quality sleep per night

Stress Management Prescription

Breathing exercises were taken from [Steps to Elicit the Relaxation Response](#) by Herbert Benson, MD, and performed twice daily.

Supplement Prescription

PhytoGanix by Metagenics, 2 servings per day

Divided doses
 A supplement powder of organic vegetables, fruits, seeds, herbs, plant enzymes, prebiotics, and probiotics

UltraFlora by Metagenics, 2 capsules per day

Divided doses
 Contains *Lactobacillus plantarum 299v*