

# Applied Functional Medicine in Clinical Practice Food Suggestions

## Day 1 – Assimilation, Digestion, and Elimination Imbalances

### Main Underlying Principles of Food Suggestions:

- 1 Starts with Quality Foods; Organic, Clean, etc.
- 2 Digestive function and Enzyme promotion
- 3 Anti-inflammatory for upper GI
- 4 Reduce Intestinal Permeability
- 5 Support Microbiota Colonies
- 6 Anti-microbial support
- 7 Anti-inflammatory for lower GI
- 8 Elimination and bowel motility
- 9 Lungs assimilation
- 10 Kidney excretion

### Morning Break: (Digestion and Assimilation Focus)

Snacks:

- Kiefer or High Probiotic Yogurt** (both dairy and soy based options)
- Granola-GI Module Recipe**

Beverages:

- Pineapple or Papaya Juice**

### Lunch or Supper:

Soup Options:

- Butternut Squash Soup with Ginger**
- Healing Chicken-Wild-Rice-Herb Soup**

Salad Options:

- Citrus Salad Topped with Ginger Yogurt**
- Beets and Greens**

Meat or Fish Entrée Options:

- Grilled Lemon Chicken**
- Turkey Lettuce Wraps.**
- Coconut Mahi Mahi**

Vegetarian/Vegan Entrée options:

- Grilled Ginger Tofu**
- Lemon Baked Tofu**

Starch Options:

- Wild Rice and Black Beans**
- Gluten-Free Corn Bread**

Vegetable Options:

- Roasted Root Vegetables**
- Shredded Brussel Sprouts**

Fruit Options:

- Prunes in Orange Sauce**

## **5 Minute Ginger Pineapple**

Beverage Options:

**Water**

**Iced tea**

### **Afternoon Break Ideas: (Digestion and Assimilation Focus)**

Snacks:

**Edamame in Their Pods**

**Digestive Trail Mix**

Beverages:

**Teas-ginger**

## **AFMCP Day 2 – Food Allergies, Immunity, and Inflammation and Core Food Plan**

### **Main Underlying Principles of Food Suggestions:**

- 1 Reduce High Allergen Foods-no dairy, gluten, corn, citrus, or soy
- 2 Build Immunity and Defense Capacity
- 3 Reduce Systemic Inflammation

### **Morning Break: (Gluten, Dairy, Citrus, Soy Free Focus)**

Snacks:

**Nutty Spicy Gluten-free Granola** with Almond, Hazelnut, or Rice Milk

**Gluten-free Nuts Snack Cakes**

Beverages:

**Anti-Inflammatory Spiced Green Tea, Green tea**

### **Lunch or Supper: (Gluten, Dairy, Citrus, Soy Free Focus)**

Soup Options:

**Chilled Watercress-Spinach Soup**

**Indian-spice Carrot Ginger Soup**

Salad Options:

**Colorful Quinoa Salad**

**Fruity Spinach Salad**

Fish Entrée Options: (No red meats/Reduced AA)

**Laura's Lox Wrap**

**Pan-seared Salmon on Baby Arugula**

Vegetarian/Vegan Entrée options:

**Vegetarian Chili**

**Vegetable Dal Curry**

Starch Options:

**Saffron Rice**

**Sunny Seed Bread**

Vegetable Options:

**Calabacitas**

**Stir-Fried Pea Pods**

Fruit Options:

**Poached Peaches with Strawberry Sauce  
Fruit Meringue**

Beverage Options:

**Water  
Iced tea**

**Afternoon Break Ideas: (From Core Food Plan)**

Snacks: **Tropical Fruit Salad**

**Quinoa Coffee Cake**

Beverages:

**Teas- Echinacea or Ginger**

**AFMCP Day 3 – Detoxification and Cleansing Imbalances**

**Main Underlying Principles of Food Suggestions:**

- 1 Strive for a Whole Foods Diet: raw or roasted nuts and seeds, fruit, vegetables
- 2 Organic Foods; Reduce Contaminants and
- 3 Flavonoids: abundant, colorful vegetables and fruits other flavonoid-rich foods
- 4 Supporting Detox with Cruciferous Containing Foods-Glucosinolates and Sulphoraphane
- 5 Adequate Protein to Support Detoxification

**Morning Break:**

Snack:

**Fresh Fruit Medley  
Swiss Oatmeal**

Beverages:

**Pomegranate or blueberry juice** (can substitute low-sugar cranberry juice)

**Lunch or Supper:**

Soup Options:

**Kale and Sweet Potato Soup  
Borscht**

Salad Options:

**Chickpea, Beet and Citrus Salad  
Quinoa Salad for Detox**

Meat, Fish, or Fowl Entrée Options:

**Halibut with Broccoli  
Chicken Curry with Cauliflower and Peas**

Vegetarian/Vegan Entrée options:

**Aduki Bean and Rice Salad  
Curried Vegetable Stew**

Starch Options:

**Baking Powder Biscuits  
Confetti Rice Salad**

Vegetable Options:

**Greens and Tomatoes**

**Sesame Kale and Spinach Tango**

Fruit Options: (ellagic acid-raspberries, pomegranate, etc)

**Pomegranate Poached Pear Salad**

**Banana and Strawberry Cream**

Beverage Options:

**Water**

### **Afternoon Break:**

Snacks:

**Hummus with Gluten-free Crackers**

**Colorful Sliced Veggies with Spinach or Kale Dip**

Beverages:

**Apple Cucumber Juice**

**Hot or Cold Rooibos Teas**

## **AFMCP Day 4 – HPATG & IR Hormonal Imbalances** **(Adrenal, Thyroid, Insulin Resistance, Glycemic Control, Cardiovascular)**

### **Main Underlying Principles of Food Suggestions:**

- 1 Strive for a Whole Foods Diet: raw or roasted nuts and seeds, fruit, vegetables
- 2 Encourage foods that demonstrate and support a low glycemic load diet (insulin resistance)
- 3 Maintain a low saturated and trans fat diet
- 4 Suggest high omega-3 fats and a low omega-3:omega-6 ratio (Improve inflammatory shift, all endocrine receptor stability, cell membrane integrity, and CVD)
- 5 Selective sodium restriction (not needed for most HTN patients, adrenal often needs increased salt)
- 6 Minimal or appropriately prepared/processed soy (thyroid)
- 7 Flavonoids: abundant, colorful vegetables and fruits (flavonoids/cardiovascular), other flavonoid-rich foods
- 8 Antioxidants: nuts, seeds, citrus, tomatoes, broccoli, fruits/juices, vegetables

### **Morning Break: (HPAT focus for morning break)**

Snack:

**HPATG Trail mix**

**Almond Blueberry Muffins**

Beverages:

**Tea-Ginseng and Licorice**

### **Lunch or Supper: (Low Glycemic/Mediterranean Based Options)**

Notes: All meal components except the fish entrée should be prepared without animal products on this day

Soup Options:

**Minestrone Soup**

**Roasted Winter Squash And Apple Soup**

Salad Options:

**Asian Salad**

### **Spring Salad**

Fish/Seafood Entrée Options:

**Mango Salmon**

**Fish Creole**

Vegetarian/Vegan Entrée options:

**Black Bean Sweet Potato Chili**

**Pinto Beans with Collard Greens**

Starch Options:

**Quinoa, Mexican Style**

**Mediterranean Rice Salad**

Vegetable Options:

**Sesame Broccoli with Garbanzo Beans**

**Roasted Cauliflower**

Fruit Options:

**Dried Fruit Compote with Green Tea**

**Tofu Chocolate Dream**

Beverage Options:

**Water**

**Iced tea**

### **Afternoon Break: (Insulin Resistance/CVD Focus)**

Snacks:

**Walnut Spread with Gluten-free Crackers**

**Colorful Sliced Veggies with Guacamole**

Beverages:

**Purple grape juice**

**Teas-green or black**

## **AFMCP Day 5 – H-P-Gonadal Axis, ATP Production, and Mitochondria Support**

### **Main Underlying Principles of Food Suggestions:**

- 1 Detox and Hormone Metabolism
- 2 Stress Managements and Adaptation
- 3 Gut Linked to Hormone Balance
- 4 ATP Production and Cellular Energy Support
- 5 Reduce Oxidative Stress

### **Morning Break: (Focus on Male and Female Hormone Balance)**

Snacks:

**Steel Cut Oats** (with Almond/Rice/Soy Milk and various healthy toppings)

**Fresh Fruit Compote**

Beverages:

**Juice suggestions**

**Additional Beverages**

### **Lunch or Supper: (Focus on Mitochondrial Support and Energy Production)**

Soup Options:

**Miso Soup with Shitake Mushrooms**  
**Beans and Greens Soup**

Salad Entrée Options:

**Chicken Salad**  
**Salmon and White Bean Salad**

Vegetarian/Vegan Entrée options:

**Stir- Fried Tofu with Ginger Broccoli**  
**Curried Lentils and Cauliflower**

Starch Options:

**Sweet Potato Delight**  
**Baked Rice**

Vegetable Options:

**Braised Cabbage And Onions**  
**Mushroom and Bell Pepper Sauté With Arugula**

Fruit Options:

**Peach Apricot Frothy**  
**Orange Cream**

Beverage Options:

**Water**  
**Iced tea**

### **Afternoon Break Ideas: (Focus on Mitochondrial Support and Energy Production)**

Snacks:

**Caponata**  
**Marinated Crucifers and Friends**  
**Brainiac Smoothie**

Beverages:

**Apfelshorle (acids to fuel the Krebs Cycle)**