

PALEOBETIC DIET DAILY LOG

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Date week begins:	Day #						
Nuts 1–2 oz (30–60 g)							
Proteins 3–8 oz (85–225 g) 3x/day							
Low-carb vegetables 2 servings							
1–2 servings of fruit, starchy veg or L-C veg							
Exercise							
Weight							

Blood Sugars	fasting						
	before lunch						
	before dinner						
	bedtime						
	1 hr after meal						
	2 hr after meal						

Diabetes Drug Notes

Notes

LOW-CARB VEGETABLES (serving is 7 oz or 200 g, raw weight): lettuce, mushrooms, radishes, spinach, cucumber, tomato, scallions, parsley, jicama, arugula, kale, endive, radicchio, chard, sweet peppers, avocado, olives (pickled green or ripe black), pickles (dill or sour, not sweet or "bread and butter"), bok choy, escarole, artichoke hearts, broccoli, summer squash, zucchini, spaghetti squash, tomato, onion, cauliflower, eggplant, Brussels sprouts, asparagus, bamboo shoots, okra, sauerkraut (canned), collard greens, beet greens, turnip greens, turnips, mustard greens, kale, chard, daikon radish, celeriac, kohlrabi, rhubarb.

FRUITS: apple, a third of medium-sized one (54 g); banana, one third (39 g); peach, one half of medium (75 g); strawberry halves, two thirds of a cup (75 g); blueberries, one half cup (75 g); raspberries, 1 cup (123 g); blackberries, 1 cup (144 g); cantaloupe, one half cup cubes (80 g); honeydew, 1 cup of cubes (85 g); date, medjool, one half date (12 g); orange, navel, one half (70 g); pear, a third of medium-sized one (60 g); pomegranate, one fourth of 4" (10 cm) diameter fruit (70g); tangerine, one half (44 g); grapefruit, one half (61 g); cherries, sweet, raw, a third of a cup (45 g); grapes, a third of a cup (50 g); raisins, seedless, 20 (9 g); nectarine, medium, one half (70 g); mango, slices, a third of a cup (55 g); pineapple, raw chunks, a third of a cup (55g); lime/lemon juice, raw, 2 limes or lemons (88 g); watermelon, diced, two thirds of a cup (100 g); plantain, raw, 1 oz or 28 g.

STARCHY VEGETABLES: potato, white, raw, flesh and skin, one fourth of medium potato (53 g); carrots, raw, strips or slices, three quarters of a cup (92 g); sweet potato, raw, a third of 5 inch-long (13 cm) potato (45 g); beets, canned, drained solids, three fourths of a cup slices (130 g); cassava, raw, 3/4 oz or 21 g); taro, raw, 1 oz or 28 g; parsnip, raw, 2 oz or 60 g; winter squash (e.g., acorn, butternut), raw, 1 cup of cubes (115 g).