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Non-Reactive Food Plan

Recipes and Shopping Guide

Eat Well For A Healthy Joyful Life

This is a general non reactive food plan because it contains no trigger foods such as wheat, dairy and sugar. It works well for both men and women and is a good place to start if you think you are having an issue with particular type of food. If you are experiencing continuing food allergies, weight gain, diabetes problems or other food related issues a, customized food plan based on body build blood type and other factors can provide relief. Contact Dr. Yacoob for more information.

Portion sizes

WOMEN :

Protein : 4 oz or two eggs

Starch : one cup / one sprouted tortilla/ 2 slices sprouted bread

Vegetable: one cup

Fruit: one fruit (e. g apple , orange, etc) or one cup (e. g berries or melon)

Fat : one tablespoon

This can be a prepared dressing (NO SUGAR)

Nuts: 1.5 oz raw nuts or seeds -- OR nut/seed butter

MEN :

Protein : 6-7 oz or three eggs

Starch: one cup or one sprouted tortilla/ 2 slices sprouted bread

Vegetable : one cup

Fruit : one fruit (e. g apple , orange, etc) or one cup (e. g berries or melon)

Fat : two tablespoons

This can be a prepared dressing (NO SUGAR)

Nuts/seeds : 2 oz if substituting for portion of fat

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Recepies for a Healthy Joyful Life

Breakfast (portions)

1 fruit
1 protein
1 grain
1 fat (or you can substitute 1 nuts/seeds)

Lunch/ Dinner (portions)

1 protein
2 raw vegetables
1 cooked vegetable
1 starch or grain
1 fat (or two tablespoons salad dressing WITHOUT sugar)

2 snacks daily (portions):

1 tablespoon nut butter or 1.5 oz of raw nuts (e..g. brazil nuts/
almonds/ walnuts or mixture of all)
MUST BE RAW AND PREFERABLY ORGANIC.
1 whole grain rice cake / raw veggies / sprouted tortilla OR
1 fruit

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Recipes for a Healthy Joyful Life

SHOPPING LIST

Find a Farmer's Market in your area and buy organic as much as possible. Organic foods have nutrients that are not available in other forms of farming. They are also so much more filling because they have more taste and flavor than the alternative.

Protein
Beef, Veal, Pork and Lamb
Chicken and Turkey
cooked beans /legumes (one cup for women, one and a half to two cups for men)
Eggs (two large organic for women, three large organic for men)
Fish and Shellfish
Tempeh
Tofu (8 ozs for women 12-15 oz for men)

Fruits	
Apples	Nectarines
Apricots	Oranges
Berries	Peaches
Cantaloupe	Pears
Cranberries - fresh (no sugar added)	Pineapple
Grapefruit - one whole	Plums
Honeydew	Rhubarb
Kiwi	Tangerines
Lemons and Limes (as much as desired)	Watermelon

Vegetables	
Artichokes (not marinated in oil)	Mushrooms
Asparagus	Okra
Bamboo shoots	Onions
Green/Yellow Beans	Parsley
Beets	Peppers
Bok choy	Pickles, dill (no sugar)
Broccoli	Pimentos
Brussels Sprouts	Radishes
Cabbage	Rutabaga
Carrots	Sauerkraut
Celery	Snowpeas
Chinese cabbage	Spinach
Cucumber	Sprouts
Eggplant	Summer /Winter Squash
Endive	Tomatoes
Escarole	Turnips
Kale	Water Chestnuts
Lettuce	Watercress
	Zucchini

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SHOPPING LIST, *continued*
for Grains, Starches, Seeds, Nuts, Oils and Spices

Grains & Starches	Seeds & Nuts	Oils & Spices
Green beans	Almonds	(Buy organic and store in fridge)
Potato	Brazil nuts	
Yams & Sweet potatoes	Walnuts	Flax oil
Barley	Hazel nuts	Olive oil
Brown rice	Almond butter	Canola oil - organic Mayonnaise
Wild rice	Peanut butter (Organic - no sugar added)	Coconut butter
Buckwheat	sesame seed butter	
Oat bran	Sunflower seeds	Salt - Celtic sea salt
Oatmeal (old fashioned not instant)	Pumpkin seeds	Fresh ginger
Millet		
Quinoa		
Rye		
steel cut oats		
Teff		
Whole oats		
Spouted tortillas (or Sprouted sliced bread)		
Whole grain rice cakes		