

# Ornish Diet Plan

## Foods Allowed on Ornish Diet Plan

- Dried beans (lentils, split peas)
- Canned beans (kidney, pinto, garbanzo, and black)
- Baked beans
- Vegetarian chili beans
- Fat-free refried beans
- Whole wheat, kamut, and spelt pasta
- Vegetarian fat-free pasta sauce
- Grains such as brown basmati rice, quick cooking brown rice, bulgur wheat, couscous, polenta, rolled oats, cornmeal, millet, and quinoa
- Raisins, craisins, dates, and dried fruit
- Cereal -- whole grains without added sugar or fat; oatmeal
- Tofu (aseptically packaged, reduced fat)
- Textured vegetable protein (TVP)
- Evaporated skim milk
- Fat replacements (nonstick spray, fat-free butter sprinkles made without butter; for example Lighter Bake, Smucker's Baking Healthy)
- Whole-wheat flour and pastry flour
- Fat-free vegetable broth
- Soups made without animal fat or hydrogenated oils
- Vinegar (balsamic, rice, raspberry)
- Roasted red peppers without oil
- Canned tomatoes
- Sun-dried tomatoes without oil
- Canned new potatoes
- Bananas and fresh fruit that store at room temperature
- Tomatoes
- Winter Squash
- Potatoes
- Broccoli
- Cabbage (green and red)
- Garlic (whole and minced)
- Potatoes (red and russet)
- Salad mixes
- Salsa (fresh)
- Vegetable sticks
- Yellow and red onions
- Egg substitutes or egg whites
- Fresh herbs
- Flaxseed oil and flaxseeds (women only)

**Dairy:**

- Nonfat cheese
- Nonfat milk
- Nonfat parmesan cheese
- Nonfat ricotta cheese
- Nonfat sour cream
- Nonfat plain yogurt
- Nonfat vanilla yogurt

**Soy:**

- Tofu and tempeh
- Soy cheese
- Soy milk
- Soy yogurt

**Frozen Foods:**

- Apple juice concentrate
- Orange juice concentrate
- Frozen fruits
- Frozen vegetables
- Frozen soy beans
- Whole grain breads, tortillas, and pitas
- Vegetarian hot dogs
- Vegetarian burgers

**Seasonings/ Spices/ Condiments:**

- Allspice
- Apple pie spice
- Cayenne, red pepper flakes, chili powder, black pepper
- Chinese five-spice
- Cinnamon, ginger, cloves, and nutmeg
- Extracts (maple, almond, vanilla, and butter)
- Fruit spreads (unsweetened)
- Ground cumin, curry powder, basil, oregano, rosemary, dill, ginger
- Italian season mix (no fat)
- Molasses, "lite" pancake syrup
- Garlic and onion powder
- Pumpkin pie spice

- Light Soy sauce (low sodium)
- Tabasco or hot pepper sauce
- Catsup (no added salt)
- Fat-free mayonnaise
- Mustard (stone-ground, hot, and Dijon)
- Fat-free salad dressings (no saturated or hydrogenated fat in ingredients)

### **Snack Foods:**

- Fat-free whole-grain crackers
- Rice cakes, popcorn cakes
- Fat-free tortilla chips
- Fat-free pretzels (without hydrogenated oils)

Meat, poultry, and fish aren't recommended. The only dairy allowed is fat-free yogurt, milk, fat free cheeses, and egg whites.

Foods not allowed are; all fats, oils, nuts, seeds, avocados, refined carbohydrates (including sugar, white rice, and white flour).

Other than these 'banned' foods, the diet allows you to eat all you want without any weighting or measuring. What's left is predominantly fruit and vegetables, and grains.

## ***Sample Meal Plan***

### **Breakfast**

Whole grain cereal with fat-free yogurt  
orange juice

### **Lunch**

Baked potatoes stuffed with fat-free cheese and spinach  
Broccoli  
Potato salad with fat-free dressing  
Green salad and fresh fruit

### **Dinner**

Bread with tomatoes and capers  
Wholemeal pasta with vegetables  
Peaches in wine

### **Drinks**

Water, tea, coffee, skim milk, juices.