NUTRITARIAN GUIDELINES

for aggressive weight-loss

UNLIMITED:

all raw vegetables *(goal: 1 lb. daily)*

cooked green and non-green nutrient-rich vegetables:
eggplant, mushrooms, peppers, onions, tomatoes, carrots and cauliflower (goal: 1 lb. daily)

beans, legumes, bean sprouts, and tofu *(goal 1 cup daily)*

fresh fruits *(at least 4 daily)*

LIMITED:

cooked starchy vegetables or whole grains:
butternut squash, corn, white or sweet potatoes, bread, rice, cereal (no more than 1 cup daily)

raw nuts and seeds *(1 oz. max daily)*

avocado *(2 oz. max daily)*

dried fruit *(2 tbsp. max daily)*

ground flaxseeds *(1 tbsp. max daily)*

OFF-LIMITS:

- dairy products
- animal products
- between-meal snacks
- fruit juice
- oil
- added salt

USE WITH: www.hellonutritarian.com/nutritarian/