



# 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