



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