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/what-is-a-nutritarian/