Aggressive Weight Loss Nutritarian Guidelines

from *Eat to Live* by Dr. Joel Fuhrman

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, chestnuts (no more than 1 cup daily)*
- **raw nuts and seeds** *(1 oz. max daily female, 1.5 oz. male)*
- **avocado** *(2 oz. max daily)*
- **dried fruit** *(2 tbsp. max daily)*
- **ground flaxseeds** *(1 tbsp. max daily)*

Off-Limits:

- **processed foods**
- **animal products**
- **between-meal snacks**
- **fruit juice**
- **oil**
- **added salt**

Exclusive printable .pdf created by Kristen Hong for *Hello Nutritarian*

CITATIONS & MORE INFO:

https://hellonutritarian.com/dr-fuhrmans-aggressive-weight-loss-plan/