EXCLUSIVE .PDF PRINTABLE

Aggressive Weight Loss Nutritarian Plan

WEEKLY ACCOUNTABILITY CHECKLIST

created by
Kristen Hong
Hello Nutritarian

	DAY #	DAY #	DAY #	DAY #	DAY #	DAY #	DAY #	RESULTS:
raw salad #1 (w/ no-oil dressing)								
raw salad #2 (w/ no-oil dressing)								
(G) large serving cooked greens								
(B) minimum 1 cup beans								
(O) cooked or raw onions								
(M) cooked mushrooms								
(B) min. 1 serv. berries /pomegranates								
(S) maximum 1 to 1.5 oz. nuts & seeds*								
2 or more fresh fruits								
maximum 1 cup whole grains**								
no processed foods								
no oil or fried foods								
no more than 400 milligrams added salt								
no animal products: meat, dairy, cheese								

HOW TO USE THIS CHART: Only use this chart if your BMI is over 23. These guidelines are for weight loss purposes only. If you do not have weight to lose, please use the Basic Nutritarian Guideline Checklist instead.

RESULTS: This column is included to help you score your compliance on a given guideline for the week. Just devide the number of days you completed by 7.

*** Notes about nuts & seeds**: For females: 1 oz. total, for males: 1.5 oz total; try to get at least 1 tbsp. from flaxseed daily

**** Whole grains include:** oatmeal; brown rice; corn; regular or sweet potatoes; quinoa; yams; bran; wheat; barley; millet; butternut, acorn & winter squash; pumpkin; regular or water chestnuts; turnips; rudebaga

CITATIONS & MORE INFO:

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