



AGGRESSIVE WEIGHT-LOSS NUTRITARIAN PLAN

daily checklist

	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 greens								
(B) minimum 1 cup beans								
(O) cooked or raw onions								
(M) cooked mushrooms								
(B) min. 1 serv. berries /pomegranates								
(S) maximum 1 ounce seeds & nuts								
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								

* **note about seeds:** try to get at least 1 tbsp. from ground flaxseed daily

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