



BASIC GUIDELINES NUTRITARIAN PLAN

daily checklist

	DAY #	DAY #	DAY #	DAY #	DAY #	DAY #	DAY #	DAY #	DAY #	DAY #	DAY #	NOTES:
eat at least 1 large salad as your main course												
eat at least 1/2 cup of beans												
eat one large (double-serving) of steamed green veggies												
eat at least 1 ounce nuts & seeds (female)*												
eat at least 1.5 ounce nuts & seeds (male)*												
eat some cooked mushrooms and raw or cooked onions												
eat at least 3 fruits daily												
make at least 1 serving of fruit from berries or pomegranates												
BONUS: I had a second salad as my main course!												
BONUS: I avoided processed food today!												
BONUS: I had no animal products today!												
BONUS: I only had 1 cup of whole grains**!												
BONUS: I did not snack between meals today!												
BONUS: I used no more than 400 mil. added salt!												
BONUS: I used no oil today!												

HOW TO USE THIS CHART: Being nutritarian is all about eating more plant foods that are rich in phytonutrients. This checklist will help you develop your basic nutritarian habits. Dr. Fuhrman has identified these 6 foods to be the most beneficial for disease-prevention and weight-loss: (G) **greens**, (B) **beans**, (O) **onions**, (M) **mushrooms**, (B) **berries** and (S) **seeds**. By following the first 7 items on this daily checklist you will be getting your daily GBOMBS and flooding your body with phytonutrients. If your goal is to gradually adopt Dr. Fuhrman's aggressive weight-loss plan, then try to meet one or two **BONUS** categories daily, or work on developing one each week.

* **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