

Nutritarian Checklist: Daily Goals + Suggestions



- Greens:** [unlimited, leafy green varieties: spinach, kale, swiss chard, watercress, arugula, romaine, collard greens, spring mix, mustard greens, red leaf lettuce, green leaf lettuce, etc.]
- Beans + Lentils:** [unlimited, at least ½ cup cooked]
- Onions:** [unlimited, both raw and cooked, chopped well]
- Mushrooms:** [unlimited, variety, preferably cooked, 1-2 mushrooms minimum]
- Berries:** [unlimited, variety, strawberries, blueberries, raspberries, blackberries, etc.]
- Seeds + Nuts** [raw, unroasted, unsalted, 1 ounce or less if still losing weight, more if desired]
- Tomatoes + Pomegranates: the honorary GBOMBS
- Ground flax seed: [1 tablespoon, in addition to the above mentioned seeds + nuts amount]
- Salad is the **main** dish: [shoot for 1+ pound salad with 10+ ingredients including the **GBOMBS**, green vegetables, non-starchy vegetables, and plant-based dressing]
- Fresh fruit: [at least 4 servings, making sure berries are 1+ serving. Other focuses are red/purple flesh fruits like plums and cherries, followed by oranges, then your other favorite fruits]
- Cruciferous vegetables: [unlimited, variety of broccoli, cauliflower, green cabbage, purple cabbage, napa cabbage, endive, bok choy, brussels sprouts, kale, etc.]
- Raw non-starchy vegetables: [1 pound total, include above vegetables in this total: salads, smoothies, raw mixed vegetable dishes, raw with hummus, etc.]
- Cooked and/or steamed non-starchy vegetables: [1 pound, include above vegetables in this total: soups, chili, stews, stir fry, water/vegetable broth sautéed, casseroles, etc.]
- Optional/if desired:* Whole grains + Starchy vegetables [Black rice, wild rice, brown rice, wheat berries, barley, whole rolled oats, whole sprouted grain bread, sweet potatoes, red skin potatoes, purple potatoes, corn, squashes, etc. Less than 1 serving total per day if you still have weight to lose]
- Optional/if desired:* Avocado [2 ounces or less per day if you still have weight to lose]
- Optional/if desired:* Dates [medjool or deglet noor, less than 1 daily if you still have weight to lose]