



# A Nutritarian Checklist

Enjoy, every day:

- ☐ **a large salad**, include some raw onion and shredded cruciferous vegetables on top
- ☐ **at least a ½ cup of beans or lentils** in a soup, stew, on top of a salad or in another dish
- ☐ **at least 3 fresh fruits**, especially berries, pomegranate, cherries, plums, oranges
- ☐ **at least 1 ounce of raw nuts and seeds**, focus on high omega-3 nuts and seeds (walnuts, hemp, flax, chia)
- ☐ **1 double-size serving of steamed greens**, utilize mushrooms and onions in your dishes

**Dr. Fuhrman**™

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