

Dr. FuhrmanTM

QUICK START

NUTRITARIAN
CHECKLIST &
SAMPLE RECIPES



YOUR NUTRITARIAN LIFESTYLE STARTS HERE!

Whether you are a beginner, or a seasoned veteran to my approach to achieving superior health, use the **Nutritarian Checklist** to help guide you through your daily food choices. By following it, you will maximize your nutrient intake and be well on your way toward the optimal health that you deserve! Healthful eating can be delicious! Enjoy the attached Nutritarian recipes that are not only healthful, but also taste great and are easy to prepare! For more information and inspiration, visit www.DrFuhrman.com. To get a healthful and delicious recipe delivered to your inbox daily, sign up for membership. See the last page of this document for a **special 20% discount on any annual membership plan**.*

Together in health,



Joel Fuhrman, M.D.

*New members only



JOEL FUHRMAN, M.D.
Family Physician & Nutritional Researcher

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MEMBERSHIP

A NUTRITARIAN CHECKLIST

Enjoy these delicious Nutritarian foods everyday!



A large salad,
include some raw onion and shredded cruciferous vegetables on top



At least a 1/2 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, pomegranates, 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 mushroom and onions in your dishes

MEMBER FAVORITE RECIPE:

BLUEBERRY BREAKFAST SMOOTHIE

Contains



Kale



Spinach



Romaine
Lettuce



Banana



Pomegranate



Soy



Hemp



Almond



Lentils



Parsnip



Flax Seeds



Chia Seeds

BLUEBERRY BREAKFAST SMOOTHIE

Serves: 2 | Preparation Time: 5 Minutes

3 ounces baby kale or spinach

3 ounces romaine lettuce

1 banana

1 cup frozen blueberries

½ cup pomegranate juice

½ cup soy, hemp or almond milk

1/2 cup lentils

3 parsnips, chopped

2 tablespoons ground flax or chia seeds

Blend all ingredients in a high-powered blender.

Per Serving: CALORIES 223; PROTEIN 7g; CARBOHYDRATES 41g; TOTAL FAT 5.1g; SATURATED FAT 0.6g; SODIUM 106mg; FIBER 8.2g; BETA-CAROTENE 5042ug; VITAMIN C 31mg; CALCIUM 134mg; IRON 3.7mg; FOLATE 198ug; MAGNESIUM 129mg; ZINC 1.2mg; SELENIUM 6.2ug.

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Find this recipe and many others at DrFuhrman.com*

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MEMBER FAVORITE RECIPE:

GOLDEN AUSTRIAN CAULIFLOWER CREAM SOUP

Contains



Cauliflower



Carrot



Celery



Leek



Garlic



Dr. Fuhrman's VegiZest



Water



Nutmeg



Cashews



Kale

GOLDEN AUSTRIAN CAULIFLOWER CREAM

Serves: 4 | Preparation Time: 30 Minutes

- | | |
|---|--|
| 1 head cauliflower, cut into pieces | ½ teaspoon nutmeg |
| 3 carrots coarsely chopped | 1 cup raw cashews or ½ cup raw cashew butter |
| 1 cup coarsely chopped celery | 5 cups chopped kale leaves or baby kale |
| 2 leeks, coarsely chopped | |
| 2 cloves garlic, minced | |
| 2 table spoons Dr. Fuhrman's VegiZest (or other no-salt seasoning blend such as Mrs. Dash, adjusted to taste) | |
| 2 cups carrot juice | |
| 4 cups water | |

Place all the ingredients except the cashews and kale in a pot. Cover and simmer for 15 minutes or until the vegetables are just tender. Steam the kale until tender. If you are using spinach there is no need to steam it; it will wilt in the hot soup. In a food processor or high-powered blender, blend two-thirds of the soup liquid and vegetables with the cashews until smooth and creamy. Return to the pot and stir in the steamed kale (or raw spinach).

Per Serving: CALORIES 354; PROTEIN 13g; CARBOHYDRATES 46g; TOTAL FAT 16.7g; SATURATED FAT 3.4g; SODIUM 202mg; FIBER 9.1g; BETA-CAROTENE 18003ug; VITAMIN C 102mg; CALCIUM 176mg; IRON 5.8mg; FOLATE 233ug; MAGNESIUM 182mg; ZINC 3mg; SELENIUM 6.8ug



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MEMBER FAVORITE RECIPE:

BEAN ENCHILADAS

Contains



Green
Bell Peppers



Pinto Beans



Cumin



Onion



Corn



Cilantro



Tomato



Chili Powder



Cayenne Pepper

BEAN ENCHILADAS

Serves: 6 | Preparation Time: 15 Minutes

1 medium green bell pepper, seeded and chopped

½ cup sliced onion

8 ounces no-salt-added or
low-sodium tomato sauce

2 cups cooked pinto or black beans or canned no-
salt-added or low-sodium, beans drained

1 cup frozen corn kernels

1 tablespoon chili powder

1 teaspoon ground cumin

1 tablespoon onion powder

1 tablespoon chopped fresh cilantro

1/8 teaspoon of cayenne pepper, or to taste

6 corn or flour tortillas

Saute the green pepper and onion in 2 tablespoons of the tomato sauce until tender. Stir in the remaining tomato sauce, beans, corn, chili powder, cumin, onion powder, cilantro and cayenne. Simmer for 5 minutes. Spoon about 1/4 cup of the bean mixture on each tortilla and roll up. Serve as is or bake for 15 minutes in a 375 degree F oven.

Spoon about 1/4 cup of the bean mixture on each tortilla and roll up. Serve as is or bake for 15 minutes in a 375 degree F oven.

Per Serving: CALORIES 187; PROTEIN 8g; CARBOHYDRATES 37g; TOTAL FAT 1.7g; SATURATED FAT 0.3g; SODIUM 33mg; FIBER 9g; BETA-CAROTENE 351ug; VITAMIN C 25mg; CALCIUM 57mg; IRON 2.2mg; FOLATE 107ug; MAGNESIUM 77mg; ZINC 1.3mg; SELENIUM 2.9ug

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MEMBER FAVORITE RECIPE:

WARM BRUSSELS SPROUTS AND BUTTERNUT SQUASH SALAD

Contains



Cauliflower



Carrot



Celery



Leek



Garlic



Dr. Fuhrman's VegiZest



Water



Nutmeg



Cashews



Kale

WARM BRUSSELS SPROUTS AND BUTTERNUT SQUASH SALAD

Serves: 4 | Preparation Time: 30 Minutes

12 ounces butternut squash, cut ½ inch cubes

1 orange juiced

Pinch ground cinnamon

Pinch ground allspice

Pinch cayenne pepper

1 large shallot, chopped

¾ pound Brussels sprouts, shredded or very thinly sliced

¼ cup toasted pecans, chopped

2 tablespoons currants or raisins

2 tablespoons balsamic vinegar

½ teaspoon fresh thyme, chopped ground black pepper, to taste

Preheat oven to 350 degrees. Mix the squash with the orange juice, cinnamon, cloves, allspice and cayenne. Place the mixture in a baking pan, cover with foil and roast until tender and caramelized but still firm when a fork is inserted, about 25 minutes.

Meanwhile, heat 2 tablespoons water in a large skillet and saute shallot for 1 minute, add shredded Brussels sprouts and cook for 2-3 minutes, until warm and slightly wilted. Add a small amount of additional water if needed to prevent from sticking.

Place roasted butternut squash and sautéed Brussels sprouts in a bowl and toss with pecans, currants, vinegar and thyme. Season with black pepper.

Per Serving: CALORIES 161; PROTEIN 5g; CARBOHYDRATES 29g; TOTAL FAT 4.9g; SATURATED FAT 0.5g; SODIUM 28mg; FIBER 6.9g; BETA-CAROTENE 4026ug; VITAMIN C 112mg; CALCIUM 107mg; IRON 2.3mg; FOLATE 90ug; MAGNESIUM 65mg; ZINC 0.8mg; SELENIUM 2.2ug



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MEMBER FAVORITE RECIPE:

CHOCOLATE CHERRY ICE CREAM

Contains



Soy



Hemp



Almond



Cocoa Powder



Dates



Cherries

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GREAT-TASTING, NUTRITARIAN
RECIPES AND MANY MORE AS A
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CHOCOLATE CHERRY ICE CREAM

Serves: 2 | Preparation Time: 5 Minutes

- 1/2 cup vanilla soy, hemp of almond milk
- 1 tablespoon natural non-alkalized cocoa powder
- 4 dates, pitted
- 1 1/2 cups frozen dark sweet cherries

Blend all ingredients together in a high-powered blender or food processor until smooth and creamy. If using a regular blender, only add half the cherries, blend until smooth, then add remaining cherries and continue to blend.

You can also use berries or banana instead of cherries. Freeze ripe bananas at least 24 hours in advance. To freeze bananas, ripen them until they are speckled (at their sweetest point), peel them and cover tightly in plastic wrap or put in plastic baggies. Cut them into one-inch slices before you put them into the blender for easier blending.

Per Serving: CALORIES 137; PROTEIN 5g; CARBOHYDRATES 30g; TOTAL FAT 2.1g; SATURATED FAT 0.5g; SODIUM 35mg; FIBER 4.8g; BETA-CAROTENE 828ug; VITAMIN C 2mg; CALCIUM 47mg; IRON 1.9mg; FOLATE 19ug; MAGNESIUM 45mg; ZINC 0.6mg; SELENIUM 3.7ug

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Membership also provides access to menus and over 1500 recipes, which are delicious, healthful, easy-to prepare, and rated and reviewed by other members.

MEMBERSHIP

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SOME OF THE MANY BENEFITS INCLUDED IN MEMBERSHIP:

- Daily recipe suggestions sent to your email inbox
- Access to menus and over 1500 Nutritarian recipes
- Searchable Ask the Doctor community to read and search for commonly asked questions and the answers, which Dr. Fuhrman and his medical team

personally provide, for a broad range of health topics and medical conditions

- A library of Newsletters and Position Papers on many different health topics
- Nutritarian Network Community where members discuss topics such as feeding children healthfully, eating out, cooking tips, personal journeys, and fitness
- Access to webinars where Dr. Fuhrman and his medical associates and research staff lecture about the latest nutritional science and what it means to your health
- My Health Tracker, a great tool to help you track your progress and keep you motivated

For more information on member benefits and membership plans, visit
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