

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