

EAT TO LIVE

The Six Week Plan

UNLIMITED (*eat as much as you want*)

- all raw vegetables, including raw carrots (goal: 1 lb. daily)
- cooked green vegetables (goal 1 lb. daily)
- beans, legumes, bean sprouts, and tofu (1 cup daily)
- fresh fruit (at least 4 daily)
- eggplant, mushrooms, peppers, onions, tomatoes

LIMITED (*not more than one serving [1 cup] per day*)

- cooked starchy vegetables *or* whole grains
(butternut or acorn squash, corn, potatoes, rice,
cooked carrots, sweet potatoes, breads, cereals)
- raw nuts and seeds (1 oz. max. per day)
- avocado (2 oz. max. per day)
- ground flaxseed (1 tablespoon per day)

OFF-LIMITS

- dairy products
- animal products
- between-meal snacks
- fruit juice, dried fruits