



Dr. Fuhrman's

# EAT TO LIVE



## Week Nutritarian Quick Start

# { THE NUTRITARIAN DIET }

Emphasizes eating high-nutrient, whole plant foods that supply a copious amount of micronutrients. Eating this healthful diet unleashes the body's tremendous ability to heal, achieve optimal weight and slow the aging process.

The key to optimizing your health and achieving an ideal body weight is to eat food with a relatively high proportion of nutrients to calories. It is a simple equation:

$$H=N/C$$

(Your long-term **Health** is predicted by your **Nutrient** intake, per **Calorie** eaten)

For permanent weight loss and disease reversal, we have to eat more micronutrients and less calories. Micronutrients (which do not contain calories) consist of vitamins, minerals and phytochemicals. Fat, carbohydrate and protein are macronutrients that contain calories. Most Americans are deficient in micronutrients, and consume too many macronutrients (calories). Natural, colorful plant foods not only have the **most micronutrients**, they also contain the **largest assortment of micronutrients**, including those anti-cancer phytonutrients. Eating more high-nutrient plant food crowds out unhealthy foods and foods with a higher caloric density.



**Macronutrients = calories**

Protein, Carbohydrates, Fat

**Micronutrients = zero calories**

Vitamins, minerals, phytochemicals

*Dr. Fuhrman's research demonstrates that as intake of high- nutrient plant food increases, cravings and the desire to overeat decreases.<sup>1</sup>*

## Do I need animal products to be healthy?



Contrary to popular thought, plant foods contain adequate amounts of calcium and protein, but are deficient in vitamin B12, and the long-chain omega-3 fatty acids (which come from fish). If you supplement appropriately, you do not need animal products, and it is likely that your lifespan will be enhanced further without them. In fact, animal products often expose you to too much animal protein, which has been shown in scientific studies to shorten lifespan.<sup>2,3</sup>

Animal products (e.g. meat, eggs, dairy, seafood), when consumed in excess, raise levels of insulin-like growth factor 1 (IGF-1). This hormone promotes the aging process and the growth and proliferation of cancer cells.<sup>4,5</sup> These animal products also increase inflammation, and accelerate aging via other mechanisms. Their effect on bacteria in the gut elevates production of TMAO (Trimethyl N-amine oxide), a pro-inflammatory substance which accelerates cardiovascular disease.<sup>6,7</sup>

**FACT:** Plants supply all the protein your body needs.

**FACT:** Too much animal protein raises IGF-1, which promotes aging, proliferation of cancer cells and inflammation.





## Can I have animal products on a Nutritarian diet?

- ✓ Yes, but only in small amounts. No more than 8 ounces for women, and 10 ounces for men, per week. I recommend not eating more than 2 ounces at any meal (3.5 oz. of meat is the size of a deck of cards, so you want to eat 2/3 that amount or less, mostly to add flavor to a dish).

## Do I need to count calories?

- ✗ No! The Nutritarian diet is focused on quality, not quantity. You will find that, as you consume more nutrient-dense foods, your appetite will be satisfied with fewer calories, and you will lose your desire to eat too much and too often. Nutritarians try to eat only when really hungry, which means they eat less often.

# How do I get started?

This infographic provides an overview of the Nutritarian diet, and includes the general guidelines you need to make the transition to this program, which is designed to slow aging and maximize health and lifespan.

- **Use this information** to help you break away from eating foods loaded with addictive substances like sugar, salt, oil and white flour.
- **Follow the directions** to eat a large salad every day.
- **Review the lists of foods** that you can eat liberally, as well as those you should eat in moderation, or avoid entirely.
- **Focus on the fact** that you will feel better, healthier, and more energized once you flood your body with the micronutrients it craves.

A good place to start is with a structured program that is all laid out for you day by day, such as my ***10 in 20: Lose 10 Pounds in 20 Days Detox Program***, or the ***Transformation 20 Diabetes***, or the ***Transformation 20 Blood Pressure and Cholesterol Program***. These booklets each provide 20 daily menus, 60 Nutritarian recipes, and much more, so you can jump in with both feet and start the transformation to a healthier you. Seeing real results in less than three weeks will give you the motivation to keep going.



But it is also important for you to recognize that your health and weight loss journey requires structure and commitment. As I stress in my book ***The End of Dieting***, learning the critical core of knowledge is necessary for you to be successful for the long-haul. This ideal way of eating for optimal health is not the norm in our society, and food addiction can be powerful.

**Remember: knowledge is stronger than willpower.** When you are armed with the right information, you have the best opportunity to remove cravings, end yo-yo dieting, and avoid emotional overeating. Reading the book (or books), and then enlisting the right support will aid in your enjoyment and success.

**In the meanwhile:**

**Make Salad the Main Dish** for one of your main meals each day. Make a large pot of vegetable-bean soup, lentil soup or chili on the weekend, so you can eat some soup or chili each day, too.



## Build your salad

1. Start with 5 cups of leafy greens, such as lettuce, or a combination of cruciferous powerhouses such as shredded kale, watercress, arugula, baby bok choy, collards, etc.
2. Add some no- or low-salt beans, tomatoes, peppers, corn, peas or other vegetables.
3. Be sure to include some raw onions, garlic, shallots or scallions.
4. Top with a nut / seed-based dressing.

What makes a Nutritarian salad unique is the dressing — it's made by blending nuts and seeds with other ingredients, instead of using oil. Nuts and seeds have dramatic lifespan-extending benefits. There are more than 100 great salad dressing recipes available on my website, as well as some prepared dressings for people on the go.

## Main Dish Salad Math

Greens + Beans + Tomatoes + Scallions or Onions + Nut/Seed Dressing = Healthful





# Eat your G-BOMBS

This handy acronym stands for **Greens, Beans, Onions, Mushrooms, Berries and Seeds**, and these are the most health-promoting, anti-cancer superfoods on the planet. Make sure that you include these in your diet almost every day.



## Eat at mealtimes only

That means no snacking, even on foods that are listed under “Eat Liberally.” Eat only until you are satisfied, and stop before you are feeling “full.” Leave at least 13 hours between your last meal of the day and breakfast — this will give your body time to enter the catabolic (fat-burning) stage of digestion.



## Beans, the musical fruit

It's hard to overstate how important beans are for your body. They help you feel fuller longer, help keep blood sugar down, and contain soluble fiber, which lowers cholesterol. They are associated with a decreased risk of many cancers, including cancers of the colon, stomach, breast, and kidney. Choose no- or low-salt varieties, and chew them well to help you build up a tolerance and decrease gas.





## JUST SAY NO TO...

Sugar and other sweeteners, oil, salt, processed baked goods, and products made with white flour. They are disease-causing, addicting, and they create depression.

## Set yourself up for success

Stock your kitchen with fresh and frozen vegetables and fruit, including fresh or frozen berries, celery, dill, parsley, dried herbs, no-salt seasoning mixes, nuts and seeds, tofu, no-salt-added canned or dried beans, no-oil, low-sodium tomato sauce, no-oil, no-salt salad dressings, wokking sauces and soups.

**Study → Commit → Support → Plan**

**You Can Do It.**



**1**

**WEEK 1: GET RID OF JUNK FOOD, HIGH GLYCEMIC CARBOHYDRATES AND FRIED FOODS.**



To follow the plan successfully, you must commit to it 100% — that means no fried foods, no processed foods, no white flour, no sugar or other sweeteners. Do not use honey or maple syrup; foods can be sweetened only with fruit and non-sulfured dried fruits, such as dates. You may experience headaches for a few days, or feel unwell. This is a sign that the toxins are leaving your system. Start reading my books this first week. Pick two books to read, depending on your interest, and go through them with a highlighter, marking those sections that are important to your life. I recommend starting with *The End of Dieting* or *Eat For Health*.

**2**

## **WEEK 2: EAT A LARGE RAW SALAD AS A MAIN DISH EVERY DAY FOR LUNCH OR DINNER.**

After seven days off of junk foods, sugar and fried foods, you will start to feel better, more energized, and more mentally alert. You will also find that your palate is slowly adjusting to the taste of natural foods. Now is the time to begin flooding your body with raw vegetables; the most powerful anti-cancer, longevity-promoting foods in the world. Use lettuce and tomatoes, but don't forget the raw cruciferous veggies shredded on top, plus onions, scallions and of course, a healthy dressing made with nuts and seeds. I have scores of fantastic dressing recipes, and for those too busy to make their own, we offer some no-salt dressings made from nuts, seeds and other whole foods packaged in glass bottles to make your life easy. This big daily salad is the secret fountain of youth.

**3**

## **WEEK 3: GOT BEAN SOUP?**

Make a giant pot of vegetable-bean soup, stew or chili every weekend. Put it on the top shelf in your refrigerator to cool overnight, and then portion it out into many single-serving containers to use all week long. Make sure this soup includes beans, lentils or split peas, includes mushrooms and onion, and has a vegetable broth base made with real vegetable juices. Season it with herbs and spices, but no salt.. Try some of my fantastic soup recipes and over time, find your top four that you will make most of the time. Now you can have a salad and soup for lunch, with one fresh fruit for desert. You are two thirds on your way to being a full-fledged Nutritarian. See how easy this was?

**4**

## **WEEK 4: NUTRITARIANIZE YOUR BREAKFAST**



That means adding one tablespoon of ground chia or flax seeds with one tablespoon of hemp seeds to an intact grain cooked in water, such as steel cut oats, quinoa, buckwheat, kasha or millet. Don't forget to add the berries (frozen is fine). Unsweetened soy, almond or hemp milk can be used too. You now have your G-BOMBS already in your diet now. You are almost a full-fledged Nutritarian now. Another Nutritarian breakfast option is a green smoothie, make with berries and the seeds added.

## 5

### WEEK 5

This week you will make sure to include a large serving of cooked greens and other vegetables every dinner as a main dish. In addition to prepping your bountiful salad every day, you will also need to spend some time at the stove, so there are a few cooking techniques you'll need to master. Water sautéing is great for creating stir-fries: place a quarter cup of water in a very hot pan, add chopped vegetables, and stir for about 5 minutes, until the vegetables start to soften. Then add a few tablespoons of a delicious sauce, such as spicy red sauce or a creamy and savory nut sauce. Lightly steaming is another option. Try some of my veggie main.

#### Recipe for success

Now that this way of eating has become second nature to you, why not get more adventurous in the kitchen? Dr. Fuhrman's cookbooks (Eat to Live Cookbook and Eat to Live Quick and Easy Cookbook) contain hundreds of innovative Nutritarian recipes, and members of DrFuhrman.com have access to a database of over 1,600 recipes.

## 6

### WEEK 6: REDUCE OR ELIMINATE ANIMAL PRODUCTS TO A MAXIMUM OF 8 OUNCES A WEEK, AND GET THE OIL AND SALT OUT OF YOUR DIET

After six weeks of following the Nutritarian diet, you will find that you have lost weight, improved your overall health, reset your palate to prefer the taste of natural whole foods, and feel more energized than you ever thought possible. Now is the time to practice animal protein restriction as an anti-aging technique, that also defends against cancer. Your breakfast and lunch are already set, they are Nutritarian and vegan. But now don't use more than 2 ounces of animal products with any dinner. And if you had some animal-based food one evening, make the next day completely vegan, so now you are only consuming one or two ounces of animal products, every other day.



Now is also the time to really go for the gold by getting all the oil out of your diet, except for very small amounts on occasions. Your only concentrated fat source will now come from nuts and seeds. And make sure you have reduced the sodium in your diet to a maximum of 1000 mg a day. The natural sodium in whole natural foods will be about 400 – 600 a day, so that means not more than 400 mg of sodium a day from any added source, such as tomato sauce, whole grain bread.

Congratulations! If you have read ***The End of Dieting*** already, start to read more of my books, especially ***Super Immunity*** and ***Fast Food Genocide***. If you have high blood pressure, read ***The End of Heart Disease***, and if you have diabetes, read ***The End of Diabetes***. Your nutritional expertise will set you free.

Ramp up your nutritional excellence – become an expert in Nutritarian cooking, and learn how to make the healthiest diet in the world taste the best. Move forward, studying my cookbooks, and the recipes on DrFuhrman.com. Also spend some time experimenting in your kitchen. Then go out in the world as a role model of great health and good will for humanity. Spread the cheer of great health.

Congratulations—you are now a master Nutritarian.

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