

# eat to live CHEAT SHEET

based on dr. joel furhman's book, eat to live

## UNLIMITED

Vegetables : 1 pound raw and 1 pound cooked. (2 pounds of veggies total!)

Bean and legumes (includes tofu): 1 cup daily

Fresh fruit: at least 4 daily

Spices and herbs

## LIMITED

Whole Grain/Starchy Veggies: max 1 cup per day

Raw nuts and seeds: max 1 oz. daily

Soy or nut milk (unsweetened): max 1 cup per day

Avocado: max 2 oz. per day

Ground Flax: max 1 Tablespoon per day

Dried Fruit: Max 2 tablespoons per day

## OFF LIMITS

Dairy products

Animal products

Oils

Artificial sweeteners and sodas

Between-meal snacking

## HELP TIPS

Make salad the main course - make it colorful by using lots of vegetables, nuts, fruits, and beans...

Don't eat between meals.

Make a large pot of soup at the beginning of the week

Meal prep dips and dressings at the beginning of the week