

eat to live

DAILY FOOD CHECKLIST

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

monday

- 1 LB RAW VEGGIES
- 1 LB COOKED VEGGIES
- MIN 4 FRUITS
- MIN 1 CUP BEANS/LEGUMES
- MAX 2 OZ AVOCADO OR GROUND FLAX
- MAX 1 CUP GRAINS
- MAX 1 OZ NUTS/SEEDS

tuesday

- 1 LB RAW VEGGIES
- 1 LB COOKED VEGGIES
- MIN 4 FRUITS
- MIN 1 CUP BEANS/LEGUMES
- MAX 2 OZ AVOCADO OR GROUND FLAX
- MAX 1 CUP GRAINS
- MAX 1 OZ NUTS/SEEDS

wednesday

- 1 LB RAW VEGGIES
- 1 LB COOKED VEGGIES
- MIN 4 FRUITS
- MIN 1 CUP BEANS/LEGUMES
- MAX 2 OZ AVOCADO OR GROUND FLAX
- MAX 1 CUP GRAINS
- MAX 1 OZ NUTS/SEEDS

thursday

- 1 LB RAW VEGGIES
- 1 LB COOKED VEGGIES
- MIN 4 FRUITS
- MIN 1 CUP BEANS/LEGUMES
- MAX 2 OZ AVOCADO OR GROUND FLAX
- MAX 1 CUP GRAINS
- MAX 1 OZ NUTS/SEEDS

friday

- 1 LB RAW VEGGIES
- 1 LB COOKED VEGGIES
- MIN 4 FRUITS
- MIN 1 CUP BEANS/LEGUMES
- MAX 2 OZ AVOCADO OR GROUND FLAX
- MAX 1 CUP GRAINS
- MAX 1 OZ NUTS/SEEDS

saturday

- 1 LB RAW VEGGIES
- 1 LB COOKED VEGGIES
- MIN 4 FRUITS
- MIN 1 CUP BEANS/LEGUMES
- MAX 2 OZ AVOCADO OR GROUND FLAX
- MAX 1 CUP GRAINS
- MAX 1 OZ NUTS/SEEDS

sunday

- 1 LB RAW VEGGIES
- 1 LB COOKED VEGGIES
- MIN 4 FRUITS
- MIN 1 CUP BEANS/LEGUMES
- MAX 2 OZ AVOCADO OR GROUND FLAX
- MAX 1 CUP GRAINS
- MAX 1 OZ NUTS/SEEDS