

Dr. Fuhrman's

EAT TO LIVE



6 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.¹

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.^{2,3}

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.^{4,5} These animal products also increase inflammation, and accelerate aging via other mechanisms. Their effect on bacteria in the gut elevates production of Trimethylamine N-oxide (TMAO), a pro-inflammatory substance which accelerates cardiovascular disease.^{6,7}

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.

To get started right away, dive into one of my **Transformation 20** programs. These have been designed to kickstart your weight loss by helping you lose up to 10 pounds in less than three weeks with delicious daily meal plans, recipes and other resources. Seeing real results in less than three weeks will give you the motivation to keep going.

Your health and weight loss journey require structure and commitment. Learning the critical “core knowledge” is the key to achieving long-term success, so I suggest you start by reading one or more of my foundational books, such as *Eat to Live*, *The End of Dieting*, and my most recent work, *Eat for Life*. You can take action immediately by learning the basics of Nutritarian cooking in my *Eat to Live Cookbook* or *Eat to Live Quick and Easy Cookbook*.

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.

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 also eat some soup or chili each day.



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.

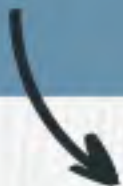
Main Dish Salad Math

Greens + Beans + Mushrooms + Tomatoes + Onions + Nut/Seed Dressing = Healthful and Delicious



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 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. You now have your G-BOMBS in your diet, and are almost a full-fledged Nutritarian at this point. 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 *Eat for Life* or *The End of Dieting*.

2

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

After seven days off 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, the shop at DrFuhrman.com offers a selection of 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: NUTRITARIAN-IZE 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, and at this point, you are almost a full-fledged Nutritarian. 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 dishes recipes.

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 1,700 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 have more energy 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 a tomato sauce or whole grain bread.

Congratulations! If you have read ***Eat for Life*** already, start to read more of my books, especially ***The End of Dieting***, ***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.


1. Fuhrman J, Sarter B, Glaser D, et al. Changing perceptions of hunger on a high nutrient density diet. *Nutr J* 2010, 9:51.
2. Levine ME, Suarez JA, Brandhorst S, et al. Low Protein Intake Is Associated with a Major Reduction in IGF-1, Cancer, and Overall Mortality in the 65 and Younger but Not Older Population. *Cell Metab* 2014, 19:407-417.
3. Lagiou P, Sandin S, Weiderpass E, et al. Low carbohydrate-high protein diet and mortality in a cohort of Swedish women. *J Intern Med* 2007, 261:366-374.
4. Gallagher EJ, LeRoith D. The proliferating role of insulin and insulin-like growth factors in cancer. *Trends Endocrinol Metab* 2010, 21:610-618.
5. Anisimov VN, Bartke A. The key role of growth hormone-insulin-IGF-1 signaling in aging and cancer. *Crit Rev Oncol Hematol* 2013, 87:201-223.
6. Koeth RA, Wang Z, Levison BS, et al. Intestinal microbiota metabolism of l-carnitine, a nutrient in red meat, promotes atherosclerosis. *Nat Med* 2013.
7. Tang WH, Wang Z, Levison BS, et al. Intestinal microbial metabolism of phosphatidylcholine and cardiovascular risk. *N Engl J Med* 2013, 368:1575-1584.

EAT TO LIVE *Retreat*


Relax. Recharge. Renew.



Set in sunny Southern California, Dr. Fuhrman's Eat to Live Retreat is a place of transformation. Come and discover the joy of living in great health.



At Dr. Fuhrman's Eat to Live Retreat, we will help you change your food preferences, resolve your food cravings and addictions, and feel in control of your health destiny as you embark on your journey to lose excess weight and reverse chronic disease.



Under Dr. Fuhrman's instructions, your medications will be monitored to help you safely reduce dosages or even eliminate them entirely. Our staff is dedicated to helping you plan for long-term success.



The Eat to Live Retreat Experience

The house features an airy, open-concept design. Guests can enjoy our exercise room, outdoor pool and whirlpool, sand volleyball court, and serene hiking and biking trails.

Your stay includes:

- Private guest room and bath
- Organic plant-based meals
- Entrance and exit consultation with Dr. Fuhrman
- Health screenings and check-ins with our Registered Nurse
- Lectures and educational talks
- Cooking classes
- Online coursework in nutrition
- Airport transfers

It takes time, as well as education and dedication, to make permanent lifestyle changes. We encourage you to stay 2 months or longer to ensure that these changes become a permanent part of your life.

A portion of this program may be eligible for insurance reimbursement. See insurance information for details.

Please contact 949-432-6295 or info@ETLRetreat.com for more information.



Enjoy the view on our five acre property. We are located next to the Lusardi Creek Nature Preserve.