

BALANCED FLEXITARIAN GUIDE

A plant-forward approach to sustainable eating

Vegetables & Leafy Greens

- Spinach, Kale, and Swiss Chard
- Cruciferous (Broccoli, Cauliflower)
- Root Vegetables (Carrots, Beets)
- Bell Peppers and Tomatoes

Plant-Based Proteins

- Lentils and Chickpeas
- Black, Kidney, and Navy Beans
- Tofu, Tempeh, and Edamame
- Seitan (Wheat Gluten)

Whole Grains

- Quinoa and Buckwheat
- Brown Rice and Wild Rice
- Steel-cut Oats and Barley
- Whole Wheat Pasta and Bread

Healthy Fats & Seeds

- Avocado and Olive Oil
- Walnuts, Almonds, and Cashews
- Chia, Flax, and Hemp Seeds
- Pumpkin and Sunflower Seeds

Flexible Animal Proteins (Small Portions)

- Pasture-raised Eggs & Organic Dairy
- Sustainably Sourced Fish (Salmon, Mackerel)
- Lean Poultry (Chicken, Turkey)
- Occasional Grass-fed Red Meat

Fruits

- Berries (Blueberries, Raspberries)

- Citrus (Lemons, Oranges)
- Apples and Pears
- Seasonal Stone Fruits

Flavor & Hydration

- Fresh Herbs and Spices
- Fermented Foods (Kimchi, Miso)
- Green Tea and Herbal Infusions
- Filtered Water with Lemon

Focus on 80% plant-based whole foods and 20% high-quality animal products.