

FLEXITARIAN DIET FOOD GROUPS

The "Casual Vegetarian" Reference Guide

PLANT PROTEINS (THE CORE)

- Lentils & Pulses
 - Chickpeas & Hummus
 - Tofu & Tempeh
 - Edamame
 - Black & Kidney Beans
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FRUITS & VEGETABLES

- Leafy Greens (Spinach, Kale)
 - Cruciferous (Broccoli, Cauliflower)
 - Root Vegetables (Sweet Potatoes)
 - Berries & Seasonal Fruits
 - Bell Peppers & Tomatoes
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WHOLE GRAINS

- Quinoa
 - Brown Rice
 - Oats & Barley
 - Buckwheat
 - Whole Grain Bread/Pasta
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HEALTHY FATS & SEEDS

- Avocado
 - Walnuts & Almonds
 - Chia & Flax Seeds
 - Olive Oil
 - Pumpkin Seeds
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OCCASIONAL ANIMAL PROTEIN

Focus on high-quality sources 1-3 times per week:

• Organic Eggs & Dairy

• Wild-caught Fish

• Grass-fed Poultry or Lean Meat

Standard Flexitarian Ratio: 70% Plant-Based / 30% Animal-Based or Plants-Only 5 days a week.