

# FLEXITARIAN FOOD REFERENCE

Balanced Plant-Forward Nutrition Guide

## PLANT PROTEINS (PRIMARY)

- Lentils (Green, Red, Beluga) Daily
  - Chickpeas & Hummus Daily
  - Black Beans & Kidney Beans Daily
  - Tempeh & Extra Firm Tofu Daily
  - Edamame Daily
  - Quinoa Daily
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## ANIMAL PROTEINS (OCCASIONAL)

- Wild-Caught Salmon 1-2x Week
  - Organic Eggs 3-4x Week
  - Poultry (Skinless Breast) 1x Week
  - White Fish (Cod, Tilapia) Optional
  - Grass-Fed Beef Rarely
  - Greek Yogurt (Plain) Daily
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## VEGETABLES & GREENS

- Leafy Greens (Kale, Spinach) Unlimited
  - Cruciferous (Broccoli, Cauliflower) Unlimited
  - Root Veggies (Sweet Potato, Carrots) Moderate
  - Alliums (Garlic, Onions) Unlimited
  - Bell Peppers & Zucchini Unlimited
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## HEALTHY FATS & SEEDS

- Avocado 1/2 Daily
  - Walnuts & Almonds Handful
  - Chia & Flax Seeds 2 tbsp
  - Extra Virgin Olive Oil Cooking
  - Pumpkin Seeds (Pepitas) Snack
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## WHOLE GRAINS

- Steel Cut Oats Breakfast
  - Brown or Wild Rice Side
  - Farro or Barley Salads
  - Sprouted Grain Bread Moderate
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## FRUITS (LOW GLYCEMIC)

- Berries (Blue, Straw, Rasp) Daily
- Apples & Pears Daily

- Citrus (Lemon, Orange) Daily
  - Stone Fruits (Plums, Peaches) Seasonal
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Core Principles: Eat more plants â€¢ Focus on quality over quantity â€¢ Minimize processed sugars â€¢ Stay flexible.