

# DAILY FLEXITARIAN CHECKLIST

Date: \_\_\_\_\_

## **Vegetables 4-5 Servings**

- Leafy Greens
- Cruciferous (Broccoli/Kale)
- Root Vegetables
- Allium (Onion/Garlic)
- Other Colorful Veg

## **Plant Protein 2-3 Servings**

- Legumes (Beans/Lentils)
- Soy (Tofu/Tempeh)
- Nuts & Seeds
- Chickpeas / Peas

## **Whole Grains 3 Servings**

- Quinoa / Oats
- Brown Rice / Farro
- Whole Grain Bread/Pasta

## **Fruits 2-3 Servings**

- Berries (Antioxidants)
- Seasonal Whole Fruit
- Citrus

## **Flexible Choice 0-1 Serving**

- Sustainable Poultry
- Wild Caught Fish
- Organic Eggs/Dairy

## **Healthy Fats 2 Servings**

- Avocado
- Extra Virgin Olive Oil
- Flax / Chia Seeds

## **Daily Reflections & Hydration**

(8 glasses of water)