

FLEXITARIAN MACRO BREAKDOWN

Daily Nutritional Target Template

CARBOHYDRATES
45-50%
PROTEIN
25-30%
HEALTHY FATS
20-25%

FOOD CATEGORY	RECOMMENDED SOURCES	DAILY GOAL
Plant Proteins	Lentils, Chickpeas, Tofu, Tempeh, Quinoa	3-4 Servings
Animal Proteins	Eggs, Greek Yogurt, Lean Poultry, Wild Fish	0-1 Serving
Complex Carbs	Sweet Potatoes, Oats, Brown Rice, Berries	5-7 Servings
Healthy Fats	Avocado, Walnuts, Chia Seeds, Olive Oil	2-3 Servings
Vegetables	Leafy Greens, Broccoli, Peppers, Carrots	Unlimited

Notes: Focus on whole, minimally processed foods. Hydrate with 2-3L of water daily.