

# FLEXITARIAN MEAL PLANNER

Balanced plant-forward nutrition guide

## Plant Proteins (Daily)

- Lentils & Pulses
  - Chickpeas & Hummus
  - Tofu / Tempeh / Edamame
  - Black, Kidney, or Pinto Beans
  - Quinoa & High-Protein Grains
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## ANIMAL PROTEINS (OCCASIONAL)

- Free-range Eggs
  - Wild-caught Fish
  - Organic Poultry
  - Greek Yogurt / Kefir
  - Lean Grass-fed Beef (Rarely)
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## FRUITS & VEGETABLES

- Leafy Greens (Spinach/Kale)
  - Cruciferous (Broccoli/Cauli)
  - Root Vegetables / Squash
  - Berries & Seasonal Fruits
  - Aromatics (Garlic/Onion)
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## WHOLE GRAINS & HEALTHY FATS

- Avocado / Olive Oil
  - Raw Nuts & Seeds
  - Brown Rice / Farro / Oats
  - Nut Butters
  - Flax / Chia / Hemp Seeds
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Notes: Aim for 3-4 meatless days per week. Prioritize whole, unprocessed foods.