

FLEXITARIAN NUTRITION GUIDE

A Balanced Approach to Plant-Forward Eating

Plant Proteins

- Legumes (Lentils, Beans) **Daily**
- Tofu & Tempeh **Daily**
- Quinoa & Buckwheat **Daily**
- Nuts & Seeds **1-2oz**

Vegetables & Fruits

- Leafy Greens **Unlimited**
- Cruciferous (Broccoli) **2+ Cups**
- Seasonal Fruits **2-3 Servings**
- Root Vegetables **1-2 Servings**

Whole Grains

- Oats & Barley **1/2 Cup**
- Brown Rice **1/2 Cup**
- Whole Grain Bread **1-2 Slices**
- Ancient Grains **Daily**

Animal Products

- Organic Eggs **Occasional**
- Wild-Caught Fish **Weekly**
- Fermented Dairy **Optional**
- Grass-fed Meats **Rarely**

Focus on whole, minimally processed foods. Listen to your body's satiety signals.