

Flexitarian Diet Guide

A balanced approach to plant-forward eating

PLANT PROTEINS

- Lentils & Legumes *Daily staple*
 - Tofu, Tempeh & Edamame *Daily staple*
 - Chickpeas & Hummus *High fiber source*
 - Quinoa & Buckwheat *Complete proteins*
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WHOLE GRAINS

- Brown Rice & Wild Rice
 - Steel-cut Oats
 - Whole Grain Bread & Pasta
 - Barley & Farro
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FRUITS & VEGETABLES

- Leafy Greens (Kale, Spinach)
 - Cruciferous (Broccoli, Cauliflower)
 - Berries & Seasonal Fruits
 - Root Vegetables & Squash
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HEALTHY FATS & SEEDS

- Avocado
 - Walnuts, Almonds & Cashews
 - Chia, Flax & Hemp Seeds
 - Extra Virgin Olive Oil
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FLEXIBLE ANIMAL PROTEIN

- Free-range Eggs *3-5 times per week*
 - Greek Yogurt or Kefir *Daily or as needed*
 - Wild-caught Fish *2 times per week*
 - Lean Poultry / Red Meat *Occasional / Minimal*
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FLAVOR & PANTRY

- Fresh Herbs & Spices
 - Apple Cider Vinegar
 - Nut Butters
 - Nutritional Yeast
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Focus on whole, minimally processed foods. Progress over perfection.