

# **NUTRIENT DENSE FLEXITARIAN GUIDE**

## **PLANT PROTEINS**

- Lentils (Red, Green, Black)
- Chickpeas & Hummus
- Tempeh & Extra Firm Tofu
- Edamame

## **CONSCIOUS ANIMAL PROTEIN**

- Wild-Caught Salmon
- Pasture-Raised Eggs
- Sardines & Mackerel
- Grass-Fed Greek Yogurt

## **LEAFY GREENS & CRUCIFEROUS**

- Kale & Swiss Chard
- Brussels Sprouts
- Broccoli Rabe
- Microgreens

## **HEALTHY FATS**

- Avocado
- Walnuts & Pecans
- Extra Virgin Olive Oil
- Flax & Chia Seeds

## **COMPLEX CARBOHYDRATES**

- Quinoa & Farro
- Sweet Potatoes
- Steel Cut Oats
- Black Rice

# FUNCTIONAL FLAVOR

- Fresh Ginger & Turmeric
- Garlic & Shallots
- Fermented Kimchi/Kraut
- Raw Cacao

*Focus on whole, minimally processed ingredients. Aim for 70-80% plant-based intake.*