

FLEXITARIAN DIET FOOD GROUPS

A plant-forward approach with occasional animal proteins

Plant Proteins (Primary)

- Lentils & Pulses
- Chickpeas & Beans
- Tofu & Tempeh
- Edamame
- Seitan

Whole Grains

- Quinoa & Buckwheat
- Brown Rice & Farro
- Oats & Barley
- Whole Grain Pasta
- Spelt

Fruits & Vegetables

- Leafy Greens (Spinach, Kale)
- Cruciferous (Broccoli, Cauliflower)
- Berries & Seasonal Fruits
- Root Vegetables
- Bell Peppers & Squash

Healthy Fats

- Avocados
- Walnuts & Almonds
- Chia & Flax Seeds
- Extra Virgin Olive Oil
- Pumpkin Seeds

Animal Protein (Occasional)

- Free-range Eggs
- Wild-caught Fish
- Organic Poultry
- Grass-fed Beef (Limited)

- Greek Yogurt or Kefir

Flavor & Pantry

- Apple Cider Vinegar
- Fresh Herbs & Spices
- Nut Butters
- Coconut Aminos
- Miso Paste

***The Flexitarian Rule:** Focus on plant-based 80% of the time. Choose high-quality, sustainable sources for the remaining 20% of animal-based meals.*