

SUSTAINABLE FLEXITARIAN GUIDE

Plant-forward eating for personal and planetary health

Plant Proteins DAILY BASE

- Lentils & Pulses
- Chickpeas & Hummus
- Organic Tempeh / Tofu
- Edamame

Whole Grains DAILY BASE

- Quinoa & Buckwheat
- Steel-cut Oats
- Brown or Wild Rice
- Spelt or Barley

Vegetables & Fruits UNLIMITED

- Leafy Greens (Kale, Spinach)
- Cruciferous (Broccoli, Cauliflower)
- Seasonal Berries
- Root Vegetables

Healthy Fats MODERATE DAILY

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

Conscious Dairy/Eggs OCCASIONAL

- Pasture-raised Eggs
- Fermented Yogurt (Kefir)
- Hard Cheeses
- Plant-based Milks

Sustainable Animal Protein RARELY

- Small Wild-caught Fish
- Bivalves (Mussels/Oysters)
- Grass-fed Beef (Monthly)
- Organic Poultry

Prioritize local, seasonal, and package-free options whenever possible.