

FLEXITARIAN DIET GUIDE

Whole Foods & Plant-Forward Nutrition

Proteins

- Lentils & Chickpeas
 - Organic Tofu/Tempeh
 - Grass-fed Beef (Limited)
 - Wild-caught Salmon
 - Free-range Eggs
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Whole Grains

- Quinoa
 - Steel Cut Oats
 - Brown Jasmine Rice
 - Farro
 - Buckwheat
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Healthy Fats

- Avocados
 - Raw Walnuts/Almonds
 - Extra Virgin Olive Oil
 - Chia & Flax Seeds
 - Nut Butters
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Mon	Oatmeal with berries and hemp seeds	Quinoa salad with roasted chickpeas	Sweet potato and black bean tacos
Tue	Greek yogurt with walnuts and honey	Mixed greens with avocado and lentils	Pan-seared salmon with asparagus
Wed	Green smoothie (Spinach, Banana, PB)	Hummus and veggie wrap on sprouted grain	Tofu stir-fry with broccoli and ginger

Thu	Scrambled eggs with sauteed kale	Mediterranean grain bowl	Lentil bolognese over spaghetti squash
Fri	Chia seed pudding with mango	Leftover lentil pasta	Roasted chicken with root vegetables

Focus on: 70% Plants | 20% Whole Grains | 10% High-Quality Animal Protein

Template Example Only - Not for Medical Advice