

THE FLEXITARIAN DIET

The flexible vegetarian way to eat

THREE DAY SAMPLE PLAN

DAY 1

BREAKFAST: AVOCADO TOAST

sprouted whole grain toast + avocado + spinach + egg

LUNCH: KALE RANCH BOWL

chicken or chickpeas + chopped kale/tomatoes + roasted sweet potato cubes + ranch

DINNER: TACOS

seasoned white fish or lentils + corn tortillas + cabbage slaw + guacamole + salsa

SNACK: apple + pecans and/or cucumber + hummus

DAY 2

BREAKFAST: PEANUT BUTTER OATMEAL

oatmeal + natural peanut butter + chopped apple

LUNCH: BURRITO BOWL

chicken or black beans + chopped romaine/peppers + brown rice + guac + salsa

DINNER: MEDITERRANEAN PLATE

chicken or chickpeas + cucumber/tomato/feta + lemon-dill brown rice

SNACK: grape tomatoes + mozzarella stick and/or clementine + pistachios

DAY 3

BREAKFAST: GREEN BELLY SMOOTHIE

2% plain kefir + rolled oats + banana + spinach

LUNCH: SESAME GINGER BOWL

chicken or edamame + coleslaw mix + quinoa + sesame ginger dressing

DINNER: BURGER NIGHT

beef or bean burger + sweet potato fries + veggie dippers w/ ranch

SNACK: carrots + almond butter and/or dark chocolate + berries