

Flexitarian Plate and Menus

Here are sample guidelines for a flexitarian diet. This plate needs to be individualized for each person to meet their needs.



FLEXITARIAN PLATE

Choose Daily:

- Focus on plants instead of animals
- Be flexible to choose animals sometimes. (lean meat, lower fat dairy, fish & eggs).
- 5 or more vegetables
- 3 or more fruit
- 4 or more whole grains or other starchy foods
- Limit ultra processed foods
- At least 3 healthy fats a day
- 3 sources of high calcium foods a day



<https://vineripenutrition.com>

Breakfast

Scrambled Egg with Toast
Whole Grain Toast
Sliced Banana with Yogurt with walnuts

Lunch

Black Bean Wrap with avocado
lettuce, tomato with salsa yogurt
sauce, grated cheese
Strawberries

Supper

Steak Stir Fry with Carrots, Broccoli
Bell Peppers & Onion, Mini Apple Crisp

Snacks

As needed.