

# Flexitarian Diet

## Flexitarian Diet:

- 1. Emphasize Plant-Based Foods:** Prioritize fruits, vegetables, whole grains, legumes, and nuts.
- 2. Occasional Meat Consumption:** Eat meat in moderation, focusing on lean options like poultry and fish.
- 3. Minimize Processed Foods:** Limit intake of highly processed foods and sugary snacks.
- 4. Prioritize Protein-Rich Plants:** Include plant-based proteins like beans, lentils, tofu, and tempeh.
- 5. Incorporate Dairy and Eggs:** Low-fat dairy and eggs can be part of the diet but focus on plant-based alternatives.
- 6. Limit Red Meat:** Eat red meat sparingly and opt for healthier meat substitutes or alternatives.
- 7. Focus on Whole Foods:** Minimize refined grains and processed ingredients, opting for whole foods.
- 8. Flexibility:** The diet is flexible and allows for adjusting animal product consumption based on personal preferences and health goals.



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## Weekly Meal PLAN

Day	Breakfast	Lunch	Dinner
<b>Monday</b>	Oatmeal with almond milk, chia seeds, and berries	Quinoa salad with mixed veggies and chickpeas	Grilled salmon with roasted vegetables and brown rice
<b>Tuesday</b>	Scrambled eggs with spinach and whole-grain toast	Lentil soup with a side of whole-grain bread	Tofu stir-fry with broccoli and brown rice
<b>Wednesday</b>	Smoothie with almond milk, spinach, banana, and flaxseeds	Grilled veggie and hummus wrap with a side salad	Grilled chicken breast with quinoa and roasted Brussels sprouts
<b>Thursday</b>	Whole-grain toast with avocado and sliced tomatoes	Chickpea salad with mixed greens and olive oil	Baked cod with steamed asparagus and sweet potatoes
<b>Friday</b>	Greek yogurt with mixed berries and walnuts	Lentil and vegetable curry with brown rice	Veggie burger with a side of roasted sweet potato fries
<b>Saturday</b>	Whole-grain pancakes with a drizzle of honey and fresh fruit	Grilled vegetable and quinoa bowl with tahini sauce	Baked tofu with stir-fried vegetables and whole-grain noodles
<b>Sunday</b>	Scrambled eggs with avocado and whole-grain toast	Black bean tacos with salsa and avocado	Grilled turkey breast with roasted carrots and wild rice



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## Meal plan

Meal	Food Group	List of Foods
<b>Breakfast</b>	Whole Grains	Oatmeal, whole-grain toast, whole-wheat pancakes, quinoa
	Dairy (Low-Fat/Plant-Based)	Greek yogurt, almond milk, soy milk, coconut yogurt
	Fruits	Berries (blueberries, strawberries), bananas, apples, oranges
	Protein	Eggs, tofu scramble, chia seeds, nut butter
	Healthy Fats	Avocado, flaxseeds, chia seeds, almond butter
<b>Lunch</b>	Whole Grains	Brown rice, quinoa, whole-wheat bread, bulgur, couscous
	Vegetables	Spinach, kale, cucumbers, tomatoes, mixed greens, bell peppers
	Protein (Plant-Based/Lean Meat)	Chickpeas, black beans, lentils, grilled chicken, turkey breast
	Healthy Fats	Olive oil, avocado, nuts (almonds, walnuts)
	Dairy (Low-Fat/Plant-Based)	Feta cheese, low-fat yogurt, dairy-free cheese



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Meal	Food Group	List of Foods
<b>Dinner</b>	Whole Grains	Brown rice, whole-wheat pasta, quinoa, couscous
	Vegetables	Zucchini, broccoli, cauliflower, sweet potatoes, Brussels sprouts
	Protein (Plant-Based/Lean Meat)	Grilled salmon, baked chicken breast, turkey, lentils, tofu
	Healthy Fats	Olive oil, avocado, nuts, seeds
	Herbs and Spices	Garlic, basil, oregano, rosemary, thyme
<b>Snacks</b>	Protein	Greek yogurt, hummus, hard-boiled eggs, roasted chickpeas
	Fruits	Apple slices, berries, bananas, orange slices
	Nuts and Seeds	Almonds, walnuts, sunflower seeds, pumpkin seeds
	Whole Grains	Whole-grain crackers, popcorn, whole-wheat granola bars
	Vegetables	Carrot sticks, cucumber slices, celery sticks with hummus



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