

The Flexitarian Diet

Becoming a flexitarian is about adding five food groups to your diet—not taking any away. These are: the “new meat” (tofu, beans, lentils, peas, nuts and seeds, and eggs); fruits and veggies; whole grains; dairy; and sugar and spice (everything from dried herbs to salad dressing to agave nectar sweetener). It’s a 3-4-5 regimen: Breakfast choices are around 300 calories, lunches 400, and dinners 500. Snacks are about 150 calories each; add two, and your daily total clocks in at 1,500 calories. Depending on your activity level, gender, height, and weight, you can tweak the plan to allow for slightly greater or fewer calories.

What to eat?

Fruits, legumes, and Vegetables—50 % of plate

Whole grains—25 % of plate

Protein—25% of plate

Remember:

- ✓ Exercise
- ✓ Drink plenty of water
- ✓ Start small—only do one vegetarian meal a day and work your way up
- ✓ Rethink protein—eat meat along with rich legumes, beans, and nuts to get maximum protein
- ✓ Eat creatively—switch it up and experiment with your food
- ✓ Eat better—avoid red meats and processed food
- ✓ It’s okay to eat peanut butter—if you’re not allergic of course.
- ✓ Use less salt and more spices

