

Sample Flexitarian Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	oatmeal & berries	avocado whole grain toast with optional poached egg	fruit smoothie with peanut butter	whole grain bagel with Nature's Fynd Dairy-Free Cream Cheese	chia pudding & berries	veggie egg omelet with optional turkey bacon	tofu & fungi scramble with roasted veggies
LUNCH	veggie noodle bowl with fungi-based protein	grain bowl with quinoa, roasted veggies, & chicken	hummus & cucumber sandwich on whole grain bread	turkey burger & side salad	brown rice nori rolls with avocado	salad with baked tofu or salmon	veggie kebabs with vegan sausage
DINNER	whole grain pasta with tempeh	veggie curry with tofu	salad with skirt steak or tempeh & sweet potato	meatless chili with dairy-free crema	shrimp tacos with cabbage coleslaw & black beans	chickpea pasta with choice of vegan or turkey meatballs & broccoli	veggie quesadilla with choice of dairy-free or dairy cheese