

Flexitarian Diet Food List

FLEXITARIAN DIET FOOD LIST

Patient Name: _____ Referring Physician's Name: _____

Reason for diet (if applicable): _____

Best to Eat: Fruits, Vegetables, Plant proteins (beans, peas, lentils, edamame, chickpeas), Whole grains (brown rice, oats, barley, quinoa, sorghum, buckwheat, sweet potatoes), Plant-based milk, Eggs, Dairy milk (in moderation), Dairy (cheese, yogurt), Nuts and seeds, Healthy oils and anti-oxidant-rich spices

Best to Limit: Meat and poultry, Fish, Anything with refined carbohydrates, Anything with added sugar

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