

verywell fit 1-Week Flexitarian Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Whole Wheat Toast with Peanut Butter and Banana	Oatmeal with Almonds and Blueberries	Coconut Yogurt with Granola and Raspberries	Avocado Toast with Poached Egg	Tofu Scramble with Avocado Toast	Greek Yogurt with Granola, Hemp Seeds, and Blueberries	Oatmeal with Apple, Peanut Butter, and Cinnamon
Snack	Almonds and Cherries	Banana with Peanut Butter	Peach and Cheddar Cheese	Apple and Peanut Butter	Walnuts and Peach	Banana and Peanut Butter	Almonds and Cherries
Lunch	Salad with Chickpeas, Feta, and Olives	Whole Wheat Wrap with Tuna and Tomatoes	Southwest Beans and Rice Bowl	Veggie and Hummus Wrap	Quinoa Salad	Whole Wheat Corn and Bean Quesadilla	Lentil Pasta
Snack	Carrots and Hummus	Cucumber, Pita, and Tzatziki Dip	Popcorn	Pumpkin Seeds and Dried Mango	Carrots and Hummus	Guacamole with Chips and Red Pepper	Pita Chips, Cucumber, and Tzatziki Dip
Dinner	Tofu, Brown Rice, and Broccoli	Lentil Pasta with Tomato Sauce and Broccoli	Lentil Soup with Mozzarella and Tomato Sandwich	Salmon, Sweet Potato, and Asparagus	Turkey Bolognese and Broccoli	Veggie Burger with Sweet Potato Slices	Grilled Chicken, Quinoa, and Roasted Cauliflower
Snack	Medjool Dates and Almond Butter	Popcorn and Dark Chocolate	Chocolate Chip Cookie	Coconut Milk Ice Cream	Medjool Dates and Almond Butter	Chocolate Chip Cookie	Popcorn and Dark Chocolate

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