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| |  | | --- | | What is it?The vegetarian eating style features vegetables, plant protein, dairy, whole grains, fruit, and healthy fats while avoiding meat, fish & poultry.\* Eating a variety of foods helps provide adequate nutrients. Emphasize high quality protein and colorful vegetables; limit processed foods. | | Breakfast IDEAS Breakfast Scramble with Veggies & Cheese  Overnight Oatmeal with Raisins & Pecans  Sweet Potato Hash with Poached Eggs  Green Smoothie with Greek Yogurt or Protein Powder  Greek Yogurt with Mixed Berries & Slivered Almonds Lunch ideas Greek Salad with Chickpeas  Tofu Stir-fry with Brown Rice & Veggies  Veggie Chili with Beans & Corn Muffin  Burrito Bowl with Beans, Corn, Salsa & Guacamole  Vegetarian Sandwich on Whole Grain Bread DINNER IDEAS Southwest Quinoa with Beans & Corn  Eggplant & Ricotta Roll-ups with a Green Salad  Edamame & Vegetable Stir-fry with Soba Noodles  Tofu Curry with Potatoes & Carrots; Brown Rice  Black Bean Tacos with Citrus Slaw & Avocado | | |  | | --- | | Consider:Balancing Carbs, Proteins & FatsGetting adequate Calcium, Magnesium & Vitamins D & K for healthy bonesEating vegetables with almost every mealAvoiding calories from beveragesTaking a multivitamin/mineralEating fruit & nuts for snacks | | |  | | --- | | Questions?Contact Lauren Squier, MPH, RD | | [lsquier@culinaryenlightenment.com](mailto:lsquier@culinaryenlightenment.com)  562.481.5765 | | www.culinaryenlightenment.com | |  | | | Healthy eating Resources[www.eatingwell.com/recipes](http://www.eatingwell.com/recipes)<http://sharonpalmer.com/the-plant-powered-blog/>[www.vrg.org/](http://www.vrg.org/)[www.vegetariantimes.com](http://www.vegetariantimes.com) | |