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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 IDEASBreakfast Scramble with Veggies & CheeseOvernight Oatmeal with Raisins & PecansSweet Potato Hash with Poached EggsGreen Smoothie with Greek Yogurt or Protein PowderGreek Yogurt with Mixed Berries & Slivered AlmondsLunch ideasGreek Salad with ChickpeasTofu Stir-fry with Brown Rice & Veggies Veggie Chili with Beans & Corn MuffinBurrito Bowl with Beans, Corn, Salsa & GuacamoleVegetarian Sandwich on Whole Grain BreadDINNER IDEASSouthwest Quinoa with Beans & CornEggplant & Ricotta Roll-ups with a Green SaladEdamame & Vegetable Stir-fry with Soba NoodlesTofu Curry with Potatoes & Carrots; Brown RiceBlack Bean Tacos with Citrus Slaw & Avocado  |

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| 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 |
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| Questions? Contact Lauren Squier, MPH, RD |
| lsquier@culinaryenlightenment.com562.481.5765 |
| www.culinaryenlightenment.com |
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| 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) |

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