

Flexitarian Diet Plan

Patient information					
Name:		Date:			
Height:		Weight:			
Date of birth:		Age:			
Goals					
Daily meal recommendations					
<ul style="list-style-type: none">• Whole, plant-based foods: Fruits, vegetables, legumes, and whole grains• Flexible animal product intake: Occasional consumption of lean meats, poultry, fish, dairy, and eggs• Plant-based proteins: Beans, lentils, tofu, nuts, and seeds• Healthy fats: Avocados, olive oil, nuts, and seeds• Minimally processed foods: Prioritize nutrient-dense, whole foods					
Foods to avoid					
<ul style="list-style-type: none">• Red and processed meats• Highly processed snacks and sweets• Foods high in added sugars and saturated fats• Excessive sodium sources					
Weekly diet plan					
Week 1					
Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 1					
Day 2					

Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Week 2					
Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 8					
Day 9					

Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					
Week 3					
Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 15					
Day 16					

Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 17					
Day 18					
Day 19					
Day 20					
Day 21					
Week 4					
Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 22					
Day 23					

Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 24					
Day 25					
Day 26					
Day 27					
Day 28					

Sample diet plan

Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 1	Oatmeal with mixed berries and almonds	Quinoa salad with chickpeas, spinach, and olive oil	Carrot sticks with hummus	Grilled salmon with roasted vegetables and brown rice	Ensure hydration and limit processed snacks

Shopping list

Additional notes

Healthcare professional information

Name:

License ID number:

Signature:

Date: