

# Your Vegetarian Guide

Whenever you eliminate certain foods or food groups from your meal plan, it's important to make sure you still get a wide variety of essential nutrients in each of your meals. For vegetarians, protein, iron, calcium, zinc, vitamin B12, and omega-3 fatty acids are nutrients of particular concern because many of the foods omitted with this meal plan are rich sources of these nutrients. Luckily, the right food combinations of plant-based foods can also ensure adequate intake of both these nutrients and the many others you need for optimal health.

To eat your best, choose one protein option from each of the lists to make a **complete** protein and then add on additional fruits, veggies, and starches for a complete meal. Aim to get all 5 food groups in at each meal as pictured above.

<i>Protein Option #1:</i>	<i>Protein Option #2</i>	<i>Fruits</i>	<i>Veggies</i>	<i>Extras</i>
Peanut Butter	Whole Wheat bread	Banana	Mushrooms	Nutritional yeast
Hummus	Whole Wheat pita	Oranges	Kale	Wheat germ
Soy milk	Oatmeal	Nectarines	Spinach	Olive oil
Beans (chickpeas, white beans, black beans, kidney beans, soy)	Fortified whole grain cereal	Grapefruit	Chard	Flax seed
Lentils	Brown Rice	Berries	Broccoli	Canola oil
Nuts (cashews, almonds, walnuts)	Corn	Apples	Collard Greens	
Seeds (pumpkin, chia, flax, sesame)	Whole wheat pasta	Grapes	Artichokes	
Tofu	Potatoes	Cherries	Brussels sprouts	
Tempeh	Whole wheat tortillas	Pomegranate	Asparagus	
Soy yogurt	Couscous	Apricots	Cauliflower	
	<b>Quinoa* (a complete protein)</b>	Pears	Carrots	
		Peaches	Bell peppers	
		Plums	Green beans	
		Melon	Onions	
		Avocado	Zucchini	
		Kiwi		
		Dried fruit		