

# What's the Real Definition of “Flexitarian”?

And is it right for you?

People who follow the Flexitarian diet consider themselves vegetarians “most of the time.” This diet focuses not so much on restricting foods but on replacing your usual intake of butcher’s favorites with non-meat protein sources such as tofu, legumes, beans, lentils, nuts and seeds.

- ✓ **Pros:** Research has found that vegetarian diets are generally heart healthy thanks to lower intakes of saturated fat and cholesterol and more fiber and plant proteins.
- ✗ **Cons:** This diet is easy to follow. Some of its followers simply skip beef, poultry and pork most of the time. That being said, this diet may be too flexible for some dieters accustomed to setting calorie or macronutrients levels and food journaling.

**SUPPLEMENTS:** Clinical GI Probiotic™ and Zinc 50. A flexitarian diet is a broad diet that doesn’t make specific recommendations about macronutrient intake but does promote a plant-based diet with most of protein coming from plants and treating animal protein more as a condiment or just consumed few times a week. This type of diet would benefit from probiotics, as it doesn’t make specific recommendations about consuming fermented foods, like kimchi, kombucha, kefir, and miso. This diet is low in animal protein, a good source of zinc, which is important for a healthy immune function, normal healing, fertility, correctly synthesizing DNA, and proper growth during childhood.\*



ZINC 50



CLINICAL GI  
PROBIOTIC





# Your One-Week Jump Start to a *Flexitarian Lifestyle*

We're giving you a head start with this perfectly balanced, dietitian-created meal plan that incorporates an abundance of nutrient-dense plant foods with a small amount of animal protein.

BY KATE GEAGAN, MS, RDN



## Curried Apricot Pan-Roasted Chicken with Broccoli Amandine

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

- 4 5-oz** boneless, skinless chicken breasts
- 1/8 tsp** each sea salt and ground black pepper + additional to taste
- 3 tbsp** olive oil, divided
- 2** bunches broccoli, trimmed (1 lb)
- 4** chopped green onions, white and green parts, divided
- 2 tbsp** minced fresh ginger
- 2 tbsp** minced garlic, divided
- 2 tsp** curry powder
- 1/2 tsp** red pepper flakes
- 4 cups** sliced fresh apricots (8 apricots)
- 1/4 cup** dry white wine
- 3/4 cup** low-sodium chicken broth
- 2 tbsp** raw honey
- minced zest of 1/2 orange

- 2 tbsp** organic unsalted butter, diced
- 1/4 cup** unsalted chopped or slivered almonds

**1.** Preheat oven to 400°F. Season chicken with 1/8 tsp each salt and pepper. In a large sauté pan on high, heat 2 tbsp oil. Add chicken and sear until browned on 1 side, 4 minutes. Flip and transfer pan to oven. Roast until cooked through, about 10 minutes, then transfer to a plate and cover to keep warm.

**2.** Meanwhile, blanch broccoli in a pot of boiling water until nearly fork tender, 3 to 4 minutes. Drain, transfer to ice water to cool then drain again. Set aside.

**3.** To same pan with chicken drippings on medium heat, add whites of onions, ginger, 1 tbsp garlic, curry powder and pepper flakes; sweat until onions soften, about 1 minute.

**4.** Stir in apricots, increase heat to medium-high, cover and sauté for 3 minutes. Add wine and scrape up browned bits from pan with a wooden spoon. When wine has evaporated, stir in broth, honey and orange zest; cook until sauce thickens, 5 to 6 minutes.

**5.** Stir in butter until emulsified. Stir in greens of onions; season with additional salt and pepper. Cover to keep warm.

**6.** In a large sauté pan on medium, heat remaining 1 tbsp oil. Add remaining 1 tbsp garlic and cook for 30 seconds. Add broccoli and cook until heated, 3 minutes. Stir in almonds and additional salt and pepper. Serve sauce over chicken and broccoli alongside.

**PER SERVING** (1 chicken breast with sauce and 1/4 of broccoli): Calories: 529, Total Fat: 24 g, Sat. Fat: 6 g, Monounsaturated Fat: 12.5 g, Polyunsaturated Fat: 3 g, Carbs: 41 g, Fiber: 8 g, Sugars: 27 g, Protein: 40.5 g, Sodium: 244 mg, Cholesterol: 119 mg



MONDAY	TUESDAY	WEDNESDAY
<p><b>BREAKFAST:</b> <i>Summer Omelette:</i> Sauté 2 chopped green onions, ¼ cup chopped fennel, 1 cup chopped Swiss chard, 1 tbsp chopped dill and pinch each salt and pepper in 2 tsp EVOO; add 4 eggs, whisked with 1 tsp water, and cook, flipping once (eat ½; save leftovers); ½ cup cherries; 1 slice bread</p> <p><b>SNACK:</b> 1 peach; ½ oz walnuts</p> <p><b>LUNCH:</b> <i>Halloumi Salad:</i> Toss 2 oz grilled halloumi, cubed, ½ cup chickpeas, ¼ cup each chopped cucumbers and sliced cherry tomatoes, 1 tbsp each chopped mint, parsley and dill and 1 cup arugula with 2 tsp each EVOO and lemon juice and pinch each salt and pepper; serve with 3 oz tuna</p> <p><b>SNACK:</b> 2 tbsp edamame hummus with ½ cucumber, cut into sticks</p> <p><b>DINNER:</b> 1 serving Curried Apricot Pan-Roasted Chicken (p. 44; save leftovers)</p>	<p><b>BREAKFAST:</b> <i>Strawberry Mint Smoothie:</i> Blend 1 cup kefir, 1 cup strawberries, 2 tbsp fresh mint, ½ cup ice, 1 tsp each honey and vanilla, 2 tbsp hemp seeds (eat ½; freeze remaining ½ into a popsicle and reserve); 1 slice bread with 2 tsp peanut butter</p> <p><b>SNACK:</b> 2 tbsp edamame hummus with ½ cucumber, cut into sticks</p> <p><b>LUNCH:</b> Summer Omelette (leftovers); ½ cup cooked farro; 1 peach</p> <p><b>SNACK:</b> 1 oz walnuts; ½ cup cherries</p> <p><b>DINNER:</b> 1 serving Curried Apricot Pan-Roasted Chicken (leftovers, p. 44)</p>	<p><b>BREAKFAST:</b> <i>Cherry Farro Parfait:</i> In a parfait glass, layer ⅔ cup cooked farro, 1 tbsp chopped toasted walnuts, ½ cup sliced pitted cherries, ½ cup kefir, 1 tsp hemp seeds, 2 tsp honey and dash cinnamon and nutmeg</p> <p><b>SNACK:</b> 2 tbsp edamame hummus with ½ cup fennel slices</p> <p><b>LUNCH:</b> 1 serving Curried Apricot Pan-Roasted Chicken (leftovers, p. 44)</p> <p><b>SNACK:</b> 2 tsp peanut butter on ½ slice bread sprinkled with pinch each cinnamon and nutmeg, toasted</p> <p><b>DINNER:</b> <i>Barramundi with Herb Sauce*</i> Trim asparagus bunch and brush with 3 tsp EVOO and pinch each salt and pepper; grill; top with zest of 1 lemon (eat 4 spears; save leftovers); 1 cup cooked quinoa</p>
<p><b>TOTAL NUTRIENTS:</b> Calories: 1,729, Fat: 87.5 g, Sat. Fat: 23 g, Carbs: 134 g, Fiber: 30.5 g, Sugars: 60.5 g, Protein: 112 g, Sodium: 1,941 mg, Cholesterol: 549 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,623, Fat: 77 g, Sat. Fat: 15 g, Carbs: 160 g, Fiber: 31 g, Sugars: 67 g, Protein: 85 g, Sodium: 1,035 mg, Cholesterol: 508 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,731, Fat: 72 g, Sat. Fat: 13 g, Carbs: 182 g, Fiber: 31 g, Sugars: 59 g, Protein: 102 g, Sodium: 890 mg, Cholesterol: 195 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>BREAKFAST:</b> <i>Green Egg Benny:</i> 4 asparagus spears (leftovers) plus 3 slices avocado topped with 1 over easy egg, cooked in ½ tsp EVOO; drizzle with ¼ of Herb Sauce (leftovers)</p> <p><b>SNACK:</b> Top ½ cup kefir with ½ cup sliced strawberries; drizzle with 1 tsp honey</p> <p><b>LUNCH:</b> <i>Strawberry Kale Salad:</i> Toss 2 cups baby kale and ½ cup each sliced strawberries and cooked farro with 1 oz halloumi, grilled and diced, and 1 tbsp pistachios; whisk 2 tsp EVOO, 1 tsp balsamic vinegar, ½ tsp honey and pinch each salt and pepper; drizzle over salad; 1 slice bread</p> <p><b>SNACK:</b> 2 tsp peanut butter on ½ peach, sliced</p> <p><b>DINNER:</b> 1 serving Curried Apricot Pan-Roasted Chicken (leftovers, p. 44)</p>	<p><b>BREAKFAST:</b> <i>Avocado Mash with Hemp Seed:</i> ¼ mashed avocado on 1 slice bread, sprinkle with 2 tsp hemp seeds, ¼ tsp lemon zest and pinch each salt and pepper; 1 cup cherries</p> <p><b>SNACK:</b> 2 tsp edamame hummus plus 4 asparagus spears (leftovers)</p> <p><b>LUNCH:</b> <i>Halloumi Salad:</i> Toss 2 oz grilled halloumi, cubed, ½ cup chickpeas, ¼ cup each chopped cucumbers and sliced cherry tomatoes, 1 tbsp each chopped mint, parsley and dill and 1 cup arugula with 2 tsp each EVOO and lemon juice and pinch each salt and pepper; serve with 3 oz tuna; Strawberry Mint Smoothie Popsicle (leftovers)</p> <p><b>SNACK:</b> ½ cup sliced fennel drizzled with ¼ of Herb Sauce (leftovers)</p> <p><b>DINNER:</b> Mediterranean Quinoa (p. 46; save leftovers)</p>	<p><b>BREAKFAST:</b> <i>Strawberry Farro Bowl:</i> 1 cup cooked farro with ½ cup kefir, ½ cup sliced strawberries and 2 tbsp chopped almonds; top with 1 tsp each honey and chopped fresh mint and dash each cinnamon and nutmeg</p> <p><b>SNACK:</b> ½ slice bread with 2 tsp edamame hummus and ¼ cup sliced cherry tomatoes</p> <p><b>LUNCH:</b> Mediterranean Quinoa (leftovers, p. 46)</p> <p><b>SNACK:</b> 1 oz walnuts; 1 orange</p> <p><b>DINNER:</b> <i>Clean Green Scramble:</i> Sauté 2 cups kale in 2 tsp EVOO; add 1 clove minced garlic, 2 tsp each chopped dill and parsley, 1 chopped green onion and pinch each salt and pepper; transfer to a plate and scramble 2 eggs in same pan; ½ peach</p>	<p><b>BREAKFAST:</b> <i>Avocado Mash with Hemp Seed:</i> ¼ mashed avocado on 1 slice bread; sprinkle with 2 tsp hemp seeds, ¼ tsp lemon zest and pinch each salt and pepper; 1 cup cherries</p> <p><b>SNACK:</b> 1 cup kefir with 1 oz toasted almonds; sprinkle with pinch each nutmeg and cinnamon and ¼ cup pitted fresh cherries</p> <p><b>LUNCH:</b> <i>Sea &amp; Pea Salad:</i> Combine 3 oz tuna with ½ cup chickpeas, 1 chopped green onion, ½ cup each chopped cucumber and sliced cherry tomatoes, 2 tsp EVOO, 1 tsp lemon juice and 1 tbsp each chopped dill and parsley; 1 slice bread</p> <p><b>SNACK:</b> ½ slice bread with 2 tsp edamame hummus and ¼ of Herb Sauce (leftovers)</p> <p><b>DINNER:</b> Mediterranean Quinoa (leftovers, p. 46)</p>
<p><b>TOTAL NUTRIENTS:</b> Calories: 1,687, Fat: 91 g, Sat. Fat: 22 g, Carbs: 151 g, Fiber: 33 g, Sugars: 59 g, Protein: 78 g, Sodium: 1,334 mg, Cholesterol: 339 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,681, Fat: 96 g, Sat. Fat: 22 g, Carbs: 141 g, Fiber: 32 g, Sugars: 50 g, Protein: 77 g, Sodium: 1,881 mg, Cholesterol: 84 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,492, Fat: 73 g, Sat. Fat: 13 g, Carbs: 168 g, Fiber: 31 g, Sugars: 46 g, Protein: 55 g, Sodium: 789 mg, Cholesterol: 398 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,790, Fat: 94 g, Sat. Fat: 16 g, Carbs: 180 g, Fiber: 41 g, Sugars: 54 g, Protein: 73 g, Sodium: 1,606 mg, Cholesterol: 66 mg</p>

*\*Barramundi with Herb Sauce:* Brush barramundi fillet with ½ tsp EVOO and sprinkle with salt and pepper and grill. In a blender, pulse 1 clove garlic, ¼ cup EVOO, 2 chopped green onions, juice of ½ lemon, ⅓ cup each dill, parsley and mint and pinch each salt and pepper; drizzle ¼ of sauce on fish (save leftover sauce).

## Mediterranean Quinoa with Red Beets

SERVES 6.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **30 MINUTES.**

- 1 cup** quinoa, rinsed
- 2 tbsp** olive oil
- 3 cups** peeled, diced red beets (1 lb)
- 1 bunch** green onions, sliced, white and green parts, divided
- 2 tbsp** minced garlic
- 1 tbsp** minced lemon zest + 2 tbsp fresh lemon juice, divided
- 1 cup** chopped fresh flat-leaf parsley
- 1 cup** chopped unsalted walnuts, toasted
- ¼ tsp** each sea salt and ground black pepper, or to taste  
balsamic vinegar, to taste
- 6 tbsp** crumbled feta cheese

1. In a large nonstick skillet, cook quinoa according to package directions; transfer to a bowl and set aside.

2. In same skillet on medium-high, heat oil. Add beets and whites of onion and sauté until beets are fork tender, 10 minutes. Add garlic and cook for 1 minute more. Stir in quinoa, greens of onions, lemon zest and juice, parsley and walnuts; season with salt, pepper and vinegar. Garnish each serving with 1 tbsp feta.

**PER SERVING** (1 cup): Calories: 344, Total Fat: 21 g, Sat. Fat: 3.5 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 11 g, Carbs: 32 g, Fiber: 6 g, Sugars: 7 g, Protein: 10 g, Sodium: 234 mg, Cholesterol: 8 mg

### SHOPPING LIST

#### PROTEINS & DAIRY

- 1 5-oz barramundi fillet
- 4 5-oz boneless, skinless chicken breasts
- 1 dozen eggs
- 9 oz wild BPA-free canned or pouched tuna, packed in water
- 1 quart plain whole-milk kefir
- 5 oz halloumi cheese
- 2 oz feta cheese
- 1 oz organic unsalted butter

#### VEGGIES & FRUITS

- 1 avocado
- 2 cucumbers
- 2 bulbs fennel
- 3 bunches green onions
- 1 bunch asparagus (12 small firm spears)
- 1 bunch fresh mint
- 1 bunch fresh dill
- 1 bunch fresh parsley
- 1 large head Swiss chard
- 6 oz baby kale

- 4 lemons
- 1 lb beets
- 1 pint cherry tomatoes
- 3 oz arugula
- 3 bunches broccolini
- 2 1-inch pieces fresh ginger
- 1 large head fresh garlic
- 1 pint strawberries
- 13½ oz cherries
- 2 oranges
- 8 apricots
- 4 peaches

#### WHOLE GRAINS

- 1 bag quinoa
- 1 bag farro (**TIP:** Prep in advance and cook 1½ cups dry farro on Tuesday morning; cool, cover and refrigerate and use as directed throughout the week.)
- 1 package whole rye bread

#### NUTS, SEEDS & OILS

- 1 bag hemp seeds
- ½ oz roasted unsalted shelled pistachios

- 1 jar unsalted natural peanut butter
- 3 oz raw unsalted almonds
- 7½ oz raw unsalted walnuts
- extra-virgin olive oil

#### EXTRAS

- raw honey
- pure vanilla extract
- balsamic vinegar
- ground cinnamon
- ground nutmeg
- sea salt
- ground black pepper
- red pepper flakes
- dry white wine
- 1 carton low-sodium chicken broth
- curry powder
- 1 15-oz BPA-free can chickpeas
- 1 8-oz container all-natural edamame hummus 

