

## Day 1

- 🥣 Breakfast: Oatmeal + banana + chia
- 🥗 Lunch: Chickpea salad
- 🍲 Dinner: Lentil Coconut Curry
- 🥜 Snack: Almonds

## Day 2

- 🥚 Breakfast: Boiled eggs + fruit
- 🥗 Lunch: Lentil soup + greens
- 🐟 Dinner: Grilled fish + roasted veg
- 🥜 Snack: Pumpkin seeds

## Day 3

- 🥣 Breakfast: Chia pudding + berries
- 🥗 Lunch: Hummus + veggie wrap
- 🍝 Dinner: White bean pasta
- 🥚 Snack: Boiled egg

## Day 4

- 🥣 Breakfast: Veggie omelet
- 🍲 Lunch: Coconut chickpea curry
- 🍲 Dinner: Tuna salad + sweet potato
- 🥜 Snack: Cashews

## Day 5

- 🥞 Breakfast: Peanut butter toast + banana
- 🍲 Lunch: Quinoa & black bean bowl
- 🍲 Dinner: Split pea soup
- 🥙 Snack: Yogurt + flaxseed

🔄 Repeat or swap in variety from your main plan. Use icons for quick recall.



# 30-Day Pocket-Size Flexitarian Eating Plan



🌿 **Overview:** A portable 30-day meal guide for on-the-go wellness. This high-protein, flexitarian plan supports weight loss while fueling your body with plant-forward, whole-food meals. Red meat is excluded; lean poultry, fish, and eggs are included. Each day averages 1200–1500 kcal.

### 📁 **Pocket Prep & Batch Cooking**

- Cook grains (quinoa, oats, rice) in bulk every 3–4 days.
- Hard-boil 6–10 eggs weekly.
- Chop/roast vegetables ahead of time.
- Make dressings, hummus, and tahini sauce in jars.

- Use frozen veg and washed greens for convenience.
- Pre-pack snacks (nuts, seeds) in small resealable bags.

### 🛒 **Smart Shopping Guide**

#### **Protein:**

Eggs, chicken, hake, tuna, tofu, edamame, chickpeas, lentils, yogurt (or plant-based), peanut Butter

#### **Grains:**

Quinoa, oats, brown rice, sweet potatoes, wholegrain bread

#### **Nuts & Seeds:**

Almonds, walnuts, chia, flax, sunflower, pumpkin

#### **Veg:**

Spinach, kale, zucchini, peppers, cauliflower, green beans, carrots

#### **Fruit:**

Berries, bananas, apples, oranges, grapefruit

#### **Flavour Boosters:**

Tahini, soy sauce, olive oil, mustard, garlic, lemon, herbs, Spices, smoked oils and salt.

