



## Vegetarian Plan

A plant-focused diet packed with fiber and antioxidants.

Meat-free meals  
High in plant protein  
Supports heart health

## Sample Menu:

**Breakfast:** Avocado toast with hemp seeds

**Lunch:** Chickpea salad with tahini dressing

**Snack:** Carrot sticks with hummus

**Dinner:** Lentil curry with brown rice