

## Easy Meatless Meals

More people are becoming “flexitarians,” or semi-vegetarians – reducing the amount of animal protein in their diet, and eating more vegetarian meals. Going meatless even once a week may reduce the risk for heart disease, diabetes and cancer, according to Meatless Monday, a nonprofit initiative developed in association with the Johns Hopkins’ Bloomberg School of Public Health.

Here are a few ideas to incorporate more meatless meals into your life.

### Ideas for Vegetarian Breakfasts

- Oatmeal with nuts and dried cranberries
- Whole-grain toasted bagel topped with almond butter and apple slices
- Breakfast parfait with low fat, soy or coconut yogurt, cereal and blueberries

### Ideas for Vegetarian Lunches

- Vegetable wrap: sliced tomatoes, pepper, onion, avocado wrapped in a lettuce leaf
- Veggie burgers (soy, black bean or portabella mushroom)
- Chili made with beans and vegetables

### Ideas for Vegetarian Dinners

- Red beans and rice
- Eggplant lasagna
- Quesadillas with black beans and veggies
- Pizza with spinach, onions and feta cheese
- Vegetable quiche with broccoli, red peppers and mushrooms
- Whole wheat pasta with marinara sauce, cannellini beans and vegetables
- Roasted vegetable sandwich (eggplant, red peppers, portabella mushrooms)
- Taco salad with beans, lettuce, tomatoes, onions, avocado, salsa and low-fat cheese
- Pasta with pesto, broccoli, pine nuts and parmesan cheese
- Tofu and vegetable stir-fry with brown rice
- Baked potato topped with vegetarian chili
- Spinach salad with walnuts, apples, dried cranberries and low-fat cheese

### Ideas for Vegetarian Snacks

- Dried fruit and nuts
- Smoothie made with fresh or frozen fruit
- Hummus and vegetables

## Resources

- American Dietetic Association: [www.eatright.org](http://www.eatright.org)
- Meatless Monday: [www.meatlessmonday.com](http://www.meatlessmonday.com)

Here when you need us.

Call: 844-207-5465

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: LivingME

---

©2025 ComPsych<sup>®</sup> Corporation. All rights reserved. This information is for educational purposes only. It is always important to consult with the appropriate professional on financial, medical, legal, behavioral or other issues. As you read this information, it is your responsibility to make sure that the facts and ideas apply to your situation.