A FLEXIBLE STARTING POINT

The flexitarian approach

An original companion to Mayo Clinic's article

In brief

Flexitarian eating puts more plants at the centre of meals without requiring the complete removal of meat, fish or dairy. The article offers approachable ways to begin.

Ideas to explore

01 Try adapting a familiar dish using beans, lentils or tofu rather than learning an entirely new menu.

02 Start with a frequency that feels realistic for your household and working week.

03 Focus on overall food quality and variety, not simply on whether a meal contains meat.

A QUESTION TO TAKE AWAY

Which existing meal could work with a plant-based protein option?

Read the original

Meatless meals: The benefits of eating less meat - Mayo Clinic

Open the publisher's full article online

https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/meatless-meals/art-20048193

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