

NAME _____ DATE _____ PERIOD _____

DISCOVERING VEGETARIANISM

List the differences between the five types of vegetarians:

Vegan: _____

Pesco-Vegetarian: _____

Partial Vegetarian: _____

Lacto-ovo-Vegetarian: _____

Lacto-Vegetarian: _____

Planning one day of meals for your vegetarian house guest (breakfast, lunch, and dinner) based on _____ type.

Create a one-day, 3- meal plan (breakfast, lunch, and dinner) based on the type of vegetarian you have been given (please list in the space above).

Nutrients in
Meal

Breakfast:

Lunch:

Dinner: