Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Period\_\_\_
Vegetarian Quiz

Define the following types of Vegetarians. Your definition should include some examples of what they eat.

Pesco-Vegetarian-

Partial Vegetarian-

Lacto-ovo-Vegetarian-

Lacto-Vegetarian-

Pick one type of vegetarian listed above and develop a one day healthy meal plan for them based off of what they eat and don’t eat.

|  |  |  |
| --- | --- | --- |
| Time of day | Food  | beverage |
| Breakfast |  |  |
| Lunch |  |  |
| Snack |  |  |
| Dinner |  |  |