At Sysco, we strive to offer our customers the widest range of dietary options for your patrons' lifestyle choices.

Sysco Simply is a platform that helps our customers meet the growing consumer demand for dietary and lifestyle choices.

Based on customer insights, feedback and industry trends, the first focus area of Sysco Simply™ is plant-forward dining; including vegan, vegetarian, flexitarian and plant-based protein products.

Choice

At Sysco, we strive to offer our customers the widest range of dietary options for your patrons' lifestyle choices.

Integrity

Sysco strives to offer the widest range of dietary options for customers to choose from while meeting specific standards with regard to ingredient statements and nutritional labeling.

Purpose

Whether the purpose is elevating your menu using versatile products or staying on trend, we make the choice simple with Sysco Simply.
Simply’s First Focus: Plant-Based

What is a plant-based diet?
A plant-based diet is a diet based on foods derived from plants, including vegetables, whole grains, legumes, nuts, seeds, and fruits, but with few or no animal products.

Why Plant-Based?
Sysco offers a spectrum of plant-based products that provide solutions for the food service operator’s needs. These items are versatile and can be easily substituted in place of animal-based proteins for any operator.

Who can eat plant-based products?
Everyone! More consumers are turning to plant-based lifestyles to improve their physical wellness and overall health.
Plant-Based Key Terms

**Vegetarian:** a diet that contains no meat, fish or other animal products

**Classifications of Vegetarianism:**
- **Lacto-ovo-vegetarians** – a diet that includes dairy products and eggs
- **Lacto-vegetarians** – a diet that includes dairy products, but avoids eggs
- **Ovo-vegetarians** – a diet that includes eggs, but not dairy products
- **Pescatarian** – a vegetarian diet that includes fish, but no other meat
- **Vegan** – a diet that is free of all animal products

*Keeping it simple, lacto refers to milk and ovo refers to eggs — this denotes which ingredients select vegetarians will eat.*

**Flexitarian:** a diet that centers around eating mainly plant-based foods, but occasionally eating meat
Sysco Simply Website Tour: **Homepage**

Users can easily navigate through the Sysco Simply website to find healthful products

Access the platform at: [Syscofoodie.com/Simply](https://www.Syscofoodie.com/Simply)

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**Sysco Simply**

*Making the choice simple.*

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**Featured Plant-based Products**

**Plant-Based Meatball**

Satisfy your meatball cravings with plant-based protein power

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Learn more about the platform's purpose

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Log in to explore products
Sysco Simply Website Tour: Product Feature Page

Plant-Based Meatball

Satisfy your meatball cravings with plant-based protein power.

Packaged 100% plant-based protein, Sysco Simply Plant-Based Meatballs elevate any recipe. These versatile and satisfying meatless alternatives readily accept different sauces, from a traditional spaghetti to unique multicultural twists like Korean glazed or chipotle blend. Containing 14 grams of protein per 3 meatball serving, these plant-based meatballs provide hearty choices for vegan and vegetarian applications, making the choice simple.

On-Trend
The demand for plant-based proteins is on the rise. 70% of meat eaters are substituting a non-meat protein in a meal at least once a week. (Mintel). As the consumer demand continues to increase so does the need for more options for operators that are flexible and fit into their existing menu selections.

Versatility
Use the Sysco Simply innovative multi-vegetarian or flexitarian format to replace meat in classic dishes, or use the meatless option as a base for any creative new spin on the original dish. Add variety to your menu and keep your customers happy.

New products, recipes, and information are being added to the website. Keep checking for the latest updates in plant-based products.

This page contains:

• Simple Facts
• Menu Ideas
• Links to Recipes
• Product Information

Simple Facts

14g Protein / Serving
Vegan
Kosher
Non-GMO
Nutritional Facts

Menu Items

Plant-Based Italian Wedding Soup: New twist on a traditional wedding soup featuring onions, celery, carrots, kale, plant-based meatballs and couscous.

Korean BBQ Meatballs with Apple Fennel Slaw: Korean inspired dish with a house-made Korean BBQ sauce on a bed of Apple Fennel Slaw with a hit of Ghost Pepper kick.

Product Recipes

Download Product Sheet

syscofoodie.com/simply
Menu

• Shakshuka Pizza
• Beyond Sausage Pizza
• Plant-Based Meatball with Romesco