





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

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



## Integrity

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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

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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.

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# 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

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# Sysco Simply Website Tour: Product Feature Page

## Plant-Based Meatball

Satisfy your meatball cravings with plant-based protein power



Packed with 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.

### 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.

### 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 flex

New products, recipes, and info 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

## Product Recipes



Plant-Based Italian Wedding Soup



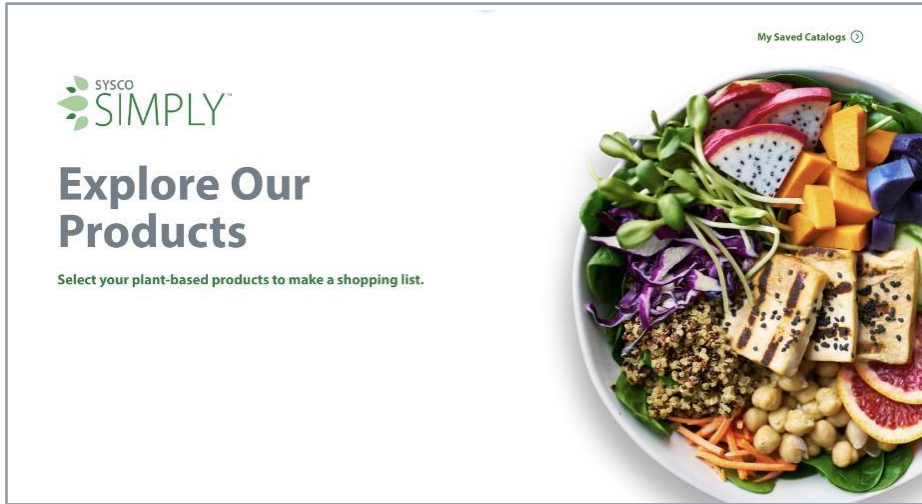
Korean BBQ Meatballs with Apple Fennel Slaw

SUPC	Pack Size	Brand	Description
5122507	1/10 LB	SYSMPLY	MEATBALL VEGTRN PLANTBSD

[Download Product Sheet](#)

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# Sysco Simply Website Tour: **Product Catalog**



**Log into the Sysco Simply site:**  
**Customers: Select 'Sysco Customer', your OpCo Name and enter your Customer number**

Explore our Products

Sysco Customer  OpCo Name  Customer Number  [Log In](#)

Choose a Sign-in Method      OpCo Name      Customer Number

**View product information**

**Path of Life™ Pulse Mélange**  
A colorful super side medley with wholesome ingredients. Add plant-based proteins to a wide range of applications with a gluten-free blend of pulses and vegetables seasoned with garlic, olive oil, basil and red wine vinegar.  
[Learn More](#)

Search by:  All Categories  Filter by:  Vegan  Vegetarian

[View All](#) [FAQ](#)

 <b>BEAN CANNELLINI</b> INTLIMP SUPC: 3575958 Pack Size: 1 / 10 LB Vegan, Vegetarian <a href="#">Add to favorites</a>	 <b>BEAN CRANBERRY</b> INTLIMP SUPC: 3576105 Pack Size: 1 / 20 LB Vegan, Vegetarian <a href="#">Add to favorites</a>	 <b>BEAN GARBANZO DRIED</b> SYS CLS SUPC: 4078002 Pack Size: 1 / 20 LB Vegan, Vegetarian <a href="#">Add to favorites</a>	 <b>BEAN GARBANZO FCY NO SULFITE</b> SYS CLS SUPC: 4062337 Pack Size: 6 / #10 Vegan, Vegetarian <a href="#">Add to favorites</a>
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**My Favorites** [Save](#) [Remove All](#)

 <b>BEAN BLACK CASALS</b> SUPC: 5344220   Pack Size: 6 / #10 <a href="#">Remove</a>	 <b>BEAN BLACK TURTLE DRIED</b> SYS NBP SUPC: 5491667   Pack Size: 1 / 20 LB <a href="#">Remove</a>	 <b>BEAN BLACK TURTLE DRIED</b> SYS NBP SUPC: 5491675   Pack Size: 1 / 20 LB <a href="#">Remove</a>	 <b>BEAN CANNELLINI INTLIMP</b> SUPC: 5381678   Pack Size: 1 / 20 LB <a href="#">Remove</a>	 <b>BEAN GARBANZO FCY NO S</b> SYS CLS SUPC: 4062337   Pack Size: 6 / #10 <a href="#">Remove</a>	 <b>BEAN GARBANZO DRIED</b> SYS CLS SUPC: 4078002   Pack Size: 1 / 20 <a href="#">Remove</a>
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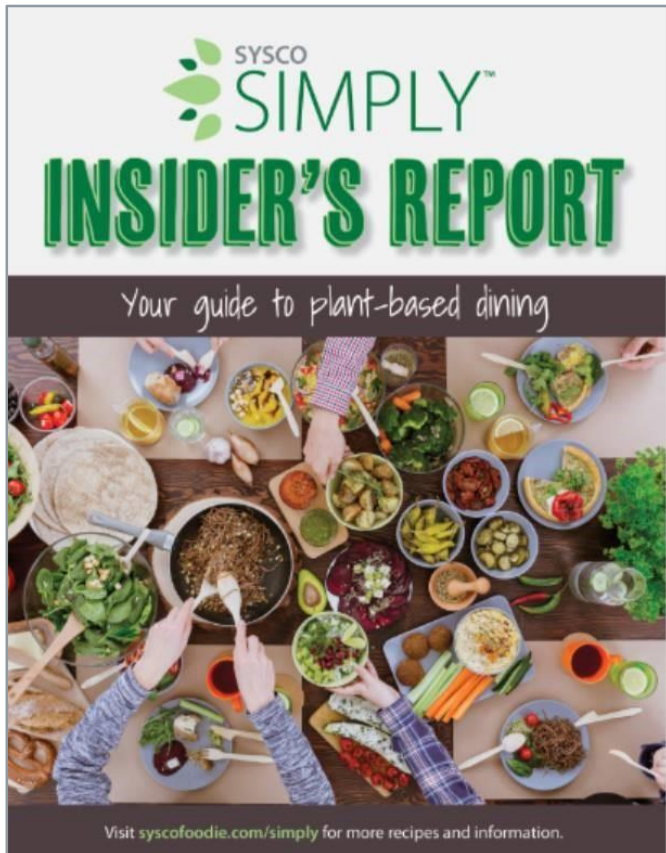
**Search for products by category or description and filter by Vegan or Vegetarian**

**Customers can view, save to favorites, or print their custom plant-based product list.**

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# Insider's Report

A customer guide to plant-based dining. This report can be used for culinary inspiration, tips, trends, and ideas to menu plant-based products.



Check out the latest Insider's Report at: [syscofoodie.com/simply](https://syscofoodie.com/simply)

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