

1200Cal

Vegetarian Meal Plan



Breakfast

(~300Cal*)



Lunch

(~400Cal*)



Dinner

(~300Cal*)



Snack 1

(50-100Cal*)



Snack 2

(50-100Cal*)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast (~300Cal*)	Ricotta & peas on sourdough	Porridge with peaches & pepitas	Pikelets	Peanut butter & banana toast	Mushroom & egg scramble plus strawberries	Blueberry & ricotta crumpet plus skim cappuccino	Banana-berry smoothie
Lunch (~400Cal*)	Veggie sandwich plus 1 piece of fresh fruit	Egg & mixed bean salad plus 1 kiwifruit	Pizza toastie plus 1 banana	Chickpea & eggplant wrap	Goats cheese with beetroot & tomato bruschetta	Greek salad OR Zucchini soup with cheesy toast dippers plus 1 piece of fresh fruit	Haloumi & mushroom burger
Dinner (~300Cal*)	Creamy mushroom pasta bake	Pumpkin, lentil & cauliflower red curry	Haloumi, pear & walnut salad OR Pumpkin & lentil soup	Mexican bean capsicum shells	Satay tofu & vegetable stir-fry	Crustless vegetable quiche	Falafel salad bowl
Snack 1 (50-100Cal*)	Fresh fruit	Passionfruit & yoghurt	Sultanas	Kiwifruit & strawberries	Grapes	Banana date mini muffins	Bliss ball
Snack 2 (50-100Cal*)	Homemade hommus & vegetable sticks	Bliss balls	Banana date mini muffins	Chocolate milk	Warm berries & ice cream	Warm peaches & yoghurt	Fresh fruit

*The calorie counts suggested for meals and snacks are guidelines. Some meals and snacks may slightly exceed the calorie count guide however this has been taken into consideration and will not lead to the total daily calories being exceeded.

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