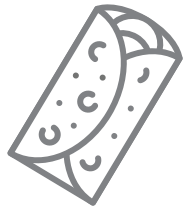


# 1500Cal

## Vegetarian Meal Plan



### Breakfast (~400Cal\*)



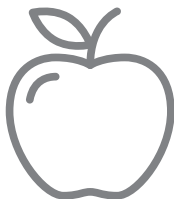
### Lunch (~400Cal\*)



### Dinner (~400Cal\*)



### Snack 1 (100-150Cal\*)



### Snack 2 (100-150Cal\*)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b> (~400Cal*)	Sourdough with tomato, goat's cheese & basil	Mango & chia smoothie	Overnight oats with warm berries	Fruit salad & yoghurt bowl	Baked beans on grain toast & small skim cappuccino	BBQ breakfast stack	Homemade muesli
<b>Lunch</b> (~400Cal*)	Mexican bean potato	Lebanese falafel bowl	Cheese, tomato & avocado toastie	Salad wrap	Egg & mixed bean salad plus 1 orange	Beetroot, fig, goat's cheese & walnut salad OR Pea, broccoli & leek soup	Lentil burger stack
<b>Dinner</b> (~400Cal*)	Asian tofu skewers with brown rice & mixed greens	Vegetarian bolognese	Lentil curry	Roast vegetable, chickpea & haloumi salad OR Minestrone Soup	Homemade pizza	Vegetarian chilli con carne	Vegetable noodle stir-fry
<b>Snack 1</b> (100-150Cal*)	Low fat yoghurt & 1 small apple	Unsalted mixed nuts	Canned peach slices & yoghurt	Small skim decaf cappuccino & 1 bliss ball	1 cup grapes	Large banana	Chocolate milk
<b>Snack 2</b> (100-150Cal*)	1 small banana & 1 bliss ball	Berry mint frozen yoghurt	Popcorn & diced dried apricot	Low fat yoghurt & 1 cup strawberries	Unsalted mixed nuts	Ice cream & kiwi fruit	1 cup of fruit salad

\*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.