

# 1750Cal

Vegetarian Meal Plan



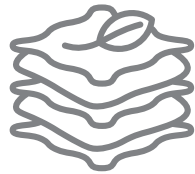
## Breakfast

(~400Cal\*)



## Lunch

(~500Cal\*)



## Dinner

(~450Cal\*)



## Snack 1

(150-200Cal\*)



## Snack 2

(150-200Cal\*)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b> (~400Cal*)	Banana-berry smoothie	Baked beans on toast & 1 orange	Avocado & tomato sourdough & fresh orange juice	Fruit salad & yoghurt bowl	Overnight oats with warm berries	Egg & haloumi roll	Porridge with banana
<b>Lunch</b> (~500Cal*)	Greek salad with soy & linseed roll	Strawberry & quinoa tabouli OR Pea, broccoli & leek soup	Mexican bean potato	Falafel pita	Ricotta, eggplant & sundried tomato sandwich & 1 piece of fresh fruit	Quinoa, chargrilled vegetables & lentil bowl	Veggie burger
<b>Dinner</b> (~450Cal*)	Soft tacos	Vegetarian spaghetti bolognese	Roast cauliflower & lentil salad OR Minestrone soup	Chickpea curry	Homemade pizza	Tofu noodle stir-fry	Vegetarian lasagne
<b>Snack 1</b> (150-200Cal*)	2 banana date mini muffins	Low fat vanilla yoghurt	Soy & linseed toast with sliced banana	3 fresh dates	Avocado, tomato & cheese biscuits	Small skim cappuccino and banana & strawberries	Yoghurt & blueberries
<b>Snack 2</b> (150-200Cal*)	Biscuits with ricotta & 1 small apple	Fruit salad	2 bliss balls	Unsalted mixed nuts	Ice cream & kiwi fruit	2 bliss balls & strawberries	1 green apple spread with peanut butter

\*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.