

Vegetarian Sample Meal Plan

Breakfast: Ricotta & tomato wrap

Ingredients

Whole wheat tortilla, 1 tortilla
Part skim ricotta, 5 tbsp
Baby spinach, 1 handful
Tomato, ½ medium, whole (2-3/5" dia), diced
Extra virgin olive oil, 1 tsp
Orange, 1 small

Instructions

Toast the tortilla in sandwich press or grill in oven or frying pan. Top with ricotta, spinach and tomato. Season to taste and drizzle with olive oil.

Alternatively, if you don't want to toast the wrap, gently combine ricotta, spinach and tomato and add to center of the tortilla and roll.

Makes 1 serving.

Each serving provides: Vegetables **0.6**, Fruits **0.8**, Carbohydrates **1.8**, Protein/Dairy **1**, Fats **0.9**, Sweets **0**, 335 calories.



Lunch: Mexican buddha bowl

Ingredients

Butternut squash, 1½ cup, cut into 1-inch pieces
Red bell pepper, ½ pepper, cut into 1-inch pieces
Red onion, ½ medium, cut into thin wedges
Extra virgin olive oil, 2 tsp
Taco seasoning, 1 tbsp
Eggs, 2 large
Instant brown rice, cooked, ¾ cup
Canned black beans, ½ cup, rinsed
Cherry tomatoes, 5 cherry tomatoes, diced
Baby spinach, 1 cup
Cilantro, ½ cup, chopped
Lime juice, ½ lime



Instructions

Preheat oven 400°F.

Place the squash, peppers and onion in a small roasting pan and toss with the olive oil and taco seasoning, mix to coat. Roast for 20 minutes or until vegetables are golden and tender.

Meanwhile, cook the eggs in a small saucepan of water for 6 minutes for soft boiled or 8 minutes for hard boiled. Refresh in cold water, peel and cut eggs in half.

Divide the rice into two serving bowls. Add half of the squash, peppers, onions, black beans, tomato and spinach to the bowls. Top with two egg halves and cilantro leaves.

Squeeze over the lime juice to serve.

Reserve remaining ingredients in an airtight container for later in the week.

TIP: For a quicker method, place the squash into a microwave-safe dish, add a splash of water and cover. Microwave for 2 minutes, check and cook further until squash is soft. Drain water and sprinkle over taco seasoning.

Serve one portion of this recipe for lunch and refrigerate the remaining cooked and salad vegetables in separate airtight containers, along with one egg for lunch later this week.

Makes 2 servings.

Each serving provides: Vegetables **1.2**, Fruits **0**, Carbohydrates **2**, Protein/Dairy **1.2**, Fats **0.9**, Sweets **0**, 350 calories.

Dinner: Lentil, tofu & bean red curry with rice & berry "nice" cream

Instructions

Tofu, firm, set with calcium, 3 oz, drained, pat dry

Extra virgin olive oil, 2 tsp

Yellow onion, 1 medium, thinly sliced and halved

Mushrooms, raw, 5 oz, quartered

Red curry paste, 1 tbsp

Low sodium vegetable broth, 1 cup

Carrot, 1 medium, thinly sliced

Green beans, 5 oz, topped, halved crossways

Lentils, canned, drained, 1 cup, rinse well

Cilantro, 2¼ cups

Lime, 1 lime, wedges, to serve (optional)

Extra Ingredients, 1 serving

Instant brown rice, cooked, ⅓ cup



Nonfat plain greek yogurt, 7 oz
Strawberries, ½ pint

Instructions

Cut tofu into 1-inch cubes. Heat a wok or deep skillet over medium-high heat. Add 1 teaspoon of olive oil and the tofu. Cook for 4 minutes, turning until golden all over. Remove to a plate.

Add remaining oil with onion and mushrooms, cook, stirring often for 3 minutes until they start to color. Mix the curry paste with ¼ cup of the stock and add to the wok. Cook stirring 2 minutes until aromatic.

Add the carrot and remaining stock, bring to a simmer. Cover and simmer for 5 minutes or until carrot is tender. Add green beans, lentils and tofu, simmer, uncovered for 3 minutes until tofu is warmed through and sauce thickened slightly. Remove from the heat, scatter over cilantro. Serve with lime.

TIP: If you prefer a spicier curry, use an extra tablespoon of curry paste.

Prepare rice according to the packet instructions.

Serve half of the curry and the cooked rice for dinner this evening, and transfer remaining portion to an airtight container and place in the fridge for later in the week.

TIP: We recommend batch cooking your rice for all of your meals at the start of the week.

DESSERT: Add the yogurt and strawberries to a blender. Add ice and blend until smooth. Freeze for at least 1 hour to make a berry "nice" cream.

Makes 2 servings.

Each serving provides: Vegetables **2.8**, Fruits **1.2**, Carbohydrates **1.1**, Protein/Dairy **2.6**, Fats **0.9**, Sweets **0**, 538 calories.

Snack: Vegetables & fruits

Ingredients

Fruit, any type, 2 small pieces
Vegetable sticks (carrot, celery, cucumber, bell pepper), 1 cup

Instructions

Enjoy unlimited servings of vegetables and fruits throughout the day.

Makes 1 serving.

Each serving provides: Vegetables **1**, Fruits **2.1**, Carbohydrates **0**, Protein/Dairy **0**, Fats **0**, Sweets **0**, 148 calories.