

Vegetarian Diet Suggestions

Day 1

Breakfast (322 calories)

- * 1/2 cup oatmeal cooked in 1/2 cup of skim milk and 1/2 cup water
- * 1/2 medium apple, diced
- * 1 tbsp chopped walnuts

AM snack (47 calories)

- * medium apple

Lunch (337 calories)

- * 2 cups mixed greens
 - * 5 cherry tomatoes, halved
 - * 1/2 cup cucumber slices
 - * 1/4 cup Spiced Chickpea “nuts”
 - * 1 tbsp Feta cheese
- (combine ingredients and top with 1 Tbsp each of olive oil & balsamic vinegar)

PM Snack (80 calories)

- * 1/2 cup nonfat plain greek yogurt
- * 1/4 cup sliced strawberries

Dinner (431 calories)

- * 1 serving Mozzarella, Basil & Zucchini Frittata
- * 1 cup mixed greens topped with 1/2 Tbsp each olive oil and balsamic vinegar

Daily totals: 1,217 calories, 53 gm protein, 126 gm carbohydrates, 21 gm fiber, 58 gm fat, 1,183 mg sodium

Day 2

Breakfast (264 calories)

- * 1 cup nonfat plain Greek yogurt
- * 1/4 cup muesli
- * 1/4 cup blueberries

AM Snack (70 calories)

- * 2 clementines

Lunch (315 calories)

- * 2 Tomato-cheddar cheese toasts
- * 2 cups mixed greens
- * 1/2 cup cucumber slices
- * 1/4 cup grated carrots
- * 1 tbsp chopped walnuts

(Combine ingredients and top salad with 1/2 tbsp each olive oil and balsamic vinegar.)

PM Snack (78 calories)

- * 6 walnut halves or handful of raw almonds

Dinner (422 calories)

- * 2 Butter nut squash & black bean tostadas

Evening snack (50 calories)

- * 1 tbsp chocolate chips, preferably dark chocolate

Daily totals: 1,199 calories, 56 gm protein, 139 gm carbohydrates, 25 gm fiber, 56 gm fat, 1,085 mg sodium.

Day 3

Breakfast (266 calories)

- * 1 serving Peanut Butter-Banana Cinnamon Toast

AM Snack (78 calories)

- * 1 hard-boiled egg seasoned with a pinch each of salt and pepper

Lunch (337 calories)

- * 2 cups mixed greens
- * 1/2 cup cucumber slices
- * 1/4 cup spiced chickpea nuts
- * 1 tbsp feta cheese

(Combine ingredients and top salad with 1/2 tbsp each olive oil and balsamic vinegar.)

PM Snack (103 calories)

- * 2/3 cup nonfat plain Greek yogurt
- * 3 Tbsp blueberries

Dinner (426 calories)

- * 1 3/4 cups Tomato & Artichoke Gnocchi

Daily Totals: 1,210 calories, 50 gm protein, 149 gm carbohydrates, 23 gm fiber, 46gm fat, 1,482 mg sodium

Day 4

Breakfast (264 calories)

- * 1 cup nonfat plain Greek yogurt
- * 1/2 cup muesli
- * 1/2 cup blueberries

AM Snack (105 calories)

- * 8 walnut halves or handful raw almond

Lunch (331 calories)

- * 1 cup Tomato & Artichoke Gnocchi
- * 2 cups mixed green chopped topped with 1/2 tbsp each olive oil & balsamic vinegar

PM Snack (70 calories)

- * 2 clementines

Dinner (435 calories)

- * 2 1/2 cups Bean & Veggie Taco Bowl

Daily Totals: 1,204 calories, 56 gm protein, 159 gm carbohydrates, 29gm fiber, 47gm fat, 1,047 mg sodium

Day 5

Breakfast (271 calories)

- * 1 serving Avocado-Egg Toast

AM Snack (64 calories)

- * 1/2 green bell pepper, sliced
- * 2 tbsp hummus

Lunch (354 calories)

- * 1 serving Apple & cheddar pita pocket

PM Snack (65 calories)

- * 5 walnut halves

Dinner (464 calories)

- * 1 2/3 cups Vegetarian Tikka Massala
- * 1/2 cup brown rice
- * 2 cups spinach, steamed
- * 1/2 whole-wheat pita round (6 1/2-inch

Daily Totals: 1,218 calories, 55 gm protein, 141 gm carbohydrates, 26 gm fiber, 53 gm fat, 1,852 mg sodium

Day 6

Breakfast (264 calories)

- * 1 cup nonfat plain Greek yogurt
- * 1/2 cup muesli
- * 1/2 cup blueberries or other berries

AM Snack (60 calories)

- * 1/2 cup sliced cucumber
- * 2 tbsp hummus

Lunch (340 calories)

- * 1 2/3 cups Vegetarian Tikka Massala
- * 1/2 whole wheat pita round (6 1/2-inch)
- * 2 cups spinach, steamed

PM Snack (147 calories)

- * 1 medium apple
- * 4 walnuts halved or 10 raw almonds

Dinner (376 calories)

- * 1 serving Pita Pizza with balsamic vinaigrette dressed greens

Daily Totals: 1,186 calories, 67 gm protein, 147 gm carbohydrates, 27 gm fiber, 43 gm fat, 1,437 mg sodium

A good source of protein if you like Protein shakes is “**Orgain Proteins and Superfoods**”.