

Veggie Balanced Diet Meal Planner

Calories are a guide – don't get hung up on them. NHS guidance is for a woman to eat 2,000 calories daily and a man 2,500 to maintain a healthy weight. Eating 500 fewer each day equates to losing 1 pound in weight per week.

Breakfast:
Ideas for a good start to the day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2x poached eggs, 2x slices wholemeal toast, 80g cherry tomatoes, roasted.	Low fat Greek yoghurt pot, 80g mixed berries, 1 banana and 25g chopped hazelnuts	Low salt/sugar baked beans, 2x slices wholemeal toast and 15g cheddar cheese	1/2 avocado, mashed with a squeeze of lime, 2x slices wholemeal toast, 80g cherry tomatoes, roasted and 10g mixed seeds	2x scrambled eggs, 2x slices wholemeal toast and 80g mushrooms, grilled	40g porridge oats, 300ml semi-skimmed milk, 30g raisins and 10g mixed seeds	40g bran flakes, 100ml semi-skimmed milk, 1x sliced banana and 80g mixed berries
383 cals	398 cals	403 cals	423 cals	385 cals	441 cals	330 cals

Lunch:
COOK Pot for One or one portion meal plus optional serving suggestions

		POT		POT	POT	
Sweet Potato & Aubergine Sri Lankan Curry Garnished with 2 tbsp yoghurt. Served with 1x Plain Naan Bread	Mushroom Spaghetti Bolognese Served with a mixed veg side salad	Halloumi & Roasted Veg Pasta Served with a mixed vegetable side salad	Portobello Mushroom Risotto Served with a simple rocket salad	Spinach, Lentil & Potato Masala Garnished with 2 tbsp yoghurt. Served with 1x Plain Naan Bread	Red Lentil & Mixed Bean Casserole Served with jacket potato. Garnished with 30g cheddar cheese.	Sticky Veg Satay Served with steamed or stir-fried greens and 30g cashews
546 cals	409 cals	367 cals	591 cals	518 cals	544 cals	556 cals

Dinner:
COOK meal plus optional serving suggestions

In Bold = COOK side dishes

Red Lentil & Aubergine Moussaka Served with a greek salad	Cauliflower & Aubergine Shakshuka Served with 2 medium eggs, 2 wholegrain flatbreads and 2tbsp plain yoghurt	Vegetable & Chickpea Tagine Garnished with 2 tbsp plain yoghurt. Served with Minted Couscous	Spanish Bean Stew Served with a jacket potato and a mixed vegetable side salad	Chilli con Veggie Served with Plain Basmati Rice , mixed green veg, steamed, 2tbsp plain yoghurt	Roasted Vegetable & Chickpea Curry Served with 1x Plain Naan Bread and steamed or stir-fried greens	Beetroot Bourguignon Served with Peas & Leeks and celeriac mash
572 cals	591 cals	593 cals	543 cals	503 cals	488 cals	408 cals

EST DAILY CALORIES
(incl optional serving suggestions)

1501 cals	1398 cals	1363 cals	1557 cals	1406 cals	1433 cals	1294 cals
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Snacks:
Add one or two each day such as:

1x wholemeal toast with 10g peanut butter / handful nuts (cashews/walnuts/almonds) / 30g dark chocolate / 1-2 slices of malt loaf or fruit bread
1x medium piece of fruit (apple, pear, banana) + optional nut butter / 2x small fruits (kiwi, satsuma, plum) / 30g dried fruit (apricots, sultanas, mango)
milky coffee/latte/cappuccino with skimmed milk / 80g fruit salad or mixed berries / small pot of low fat Greek yoghurt + optional berries
30g plain popcorn with seasoning of your choice / 2x wholegrain crispbreads with low fat cottage or cream cheese.