

LOVE
EATING
WELL

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

40g porridge oats, 300ml semi-skimmed milk, 30g raisins and 10g mixed seeds

441 cal

TUESDAY

Low fat Greek yoghurt pot, 80g mixed berries, 1 banana and 25g chopped hazelnuts

398 cal

WEDNESDAY

Low salt/sugar baked beans, 2x slices wholemeal toast and 15g cheddar cheese

403 cal

THURSDAY

1/2 avocado, mashed with a squeeze of lime, 2x slices wholemeal toast, 80g cherry tomatoes, roasted and 10g mixed seeds

423 cal

FRIDAY

2x scrambled eggs, 2x slices wholemeal toast and 80g mushrooms, grilled

385 cal

SATURDAY

2x poached eggs, 2x slices wholemeal toast, 80g cherry tomatoes, roasted.

383 cal

SUNDAY

40g bran flakes, 100ml semi-skimmed milk, 1x sliced banana and 80g mixed berries

330 cal

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

Two Bean Chilli with Sweet Potato & Brown Rice
Garnished with 10g mixed seeds and 2tbsp plain yoghurt. Served green veg, steamed

490 cal

Roasted Vegetable & Chickpea Curry
Garnished with 2 tbsp plain yoghurt. Served with mixed green veg and a plain naan bread

517 cal

POT
Halloumi & Roasted Veg Pasta

Served with a mixed vegetable side salad with dressing

437 cal

Portobello Mushroom Risotto

Served with a simple rocket salad

591 cal

POT
Asparagus & Pesto Gnocchi

Served with a mixed vegetable salad with dressing

452 cal

POT
Sweet Potato & Aubergine Sri Lankan Curry

Garnished with 2 tbsp yoghurt. Served with a plain naan bread

546 cal

Red Lentil & Mixed Bean Casserole

Served with jacket potato. Garnished with 30g cheddar cheese.

544 cal

Dinner:
COOK meal plus optional serving suggestions

In Bold = COOK side dishes

Red Lentil & Aubergine Moussaka
Served with a greek salad

572 cal

Cauliflower & Aubergine Shakshuka
Served with 2 medium eggs, 2 wholegrain flatbreads and 2tbsp plain yoghurt

591 cal

Vegetable & Chickpea Tagine
Garnished with 2 tbsp plain yoghurt. Served with **Minted Couscous**

593 cal

Spanish Bean Stew
Served with **Roasted New Potatoes** and a mixed vegetable side salad with dressing.

605 cal

Chilli con Veggie
Served with **Plain Basmati Rice**, mixed green veg, steamed, 2tbsp plain yoghurt & 1/2 avocado with a squeeze of lime

628 cal

Mushroom Spaghetti Bolognese
Served with **Cavolo Nero** with Rosemary and **Garlic Ciabatta**.

614 cal

Thai Green Vegetable Curry
Served with **Coconut & Lime Leaf Rice**, 1 plain pappadum and 1tbsp mango chutney

612 cal

EST DAILY CALORIES
(incl optional serving suggestions)

1503 cal

1506 cal

1433 cal

1619 cal

1465 cal

1543 cal

1486 cal

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.