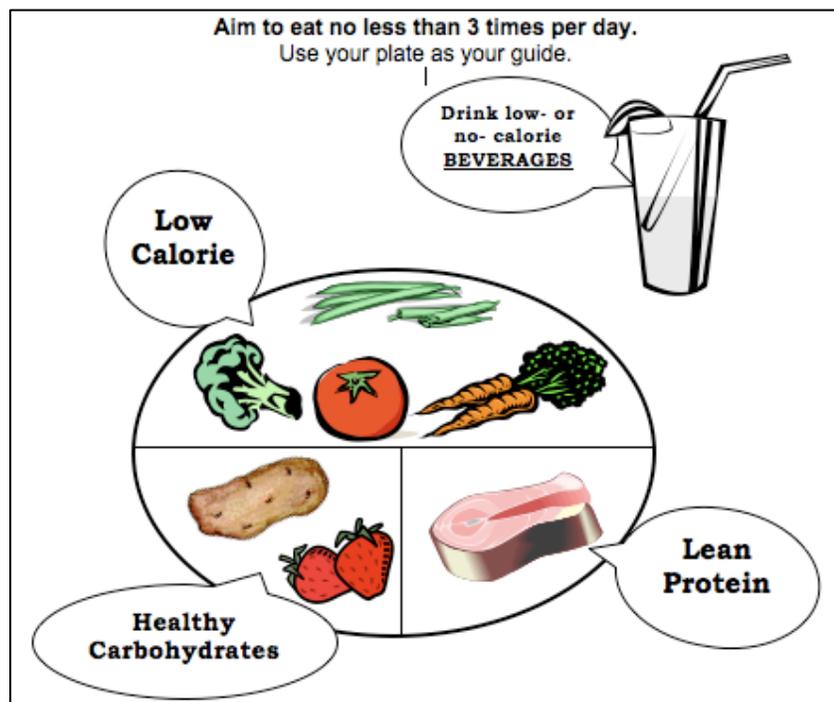


1400 Calorie VEGETARIAN Meal Plan

- All meals are modeled after the plate method to include about 1 cup of carbohydrates or starches, 3 to 4 ounces of protein, and an unlimited amount of non-starchy vegetables. Limit added fats from salad dressings and oils to about 2 tsp per meal.
- As a vegetarian, it is a good idea to take a standard, generic multivitamin containing vitamin B12, iron, and calcium. Look for one with no more than 100% of the RDA for vitamins and minerals it contains.



- Beverages should be low- or no-calorie, such as water, unsweetened hot or iced tea, coffee, light lemonade, diet soda, Crystal Light, carbonated water, or black coffee.
- Aim to eat a meal or snack every 3 to 5 hours. Avoid getting overly hungry. Use the hunger/fullness scale as your guide: start your meal at a 3, end your meal at a 7 (on a scale of 1 to 10). Remember to eat a snack within 30 minutes after exercise.



DAY ONE

BREAKFAST	<p>Egg “McMuffin” Sandwich</p> <ul style="list-style-type: none"> - 1 toasted whole wheat English muffin - Stuffed with: 3 tomato slices, 2 scrambled eggs (cooked with Pam in a non-stick skillet) <p><i>Serve with:</i> 1 cup strawberries</p>
LUNCH	<p>Chopped Salad</p> <p>4 cups mixed greens salad with ¼ cup each almonds, tomatoes, beets, wax beans, asparagus slices, mushrooms, peppers, snow peas, and topped with 2 Tbsp. balsamic vinegar and ½ Tbsp. olive oil.</p> <p><i>Serve with:</i></p> <ul style="list-style-type: none"> - 1 cup sliced strawberries, blueberries, raspberries - 1/2 cup cottage cheese
DINNER	<p>Mushroom Quesadilla*</p> <ul style="list-style-type: none"> - 2 whole wheat tortillas - ½ cup grilled mushrooms and onions - 1 ½ ounces Kraft 2% reduced fat sharp cheddar cheese - 8 Tbsp. salsa - 1 Tbsp. reduced fat sour cream <p><i>Dessert:</i></p> <ul style="list-style-type: none"> - 1 whole orange <p><small>*Adapted from So Easy, Ellie Krieger</small></p>

Nutrient Breakdown:

Calories: 1398; Fat: 57g (13.6g saturated, 27g monounsaturated, 9g polyunsaturated); Protein: 93g; Carbohydrates: 142g; Cholesterol: 314mg; Fiber: 37g; Sodium: 3166mg

DAY TWO

BREAKFAST	<p>Cereal with Berries and Almonds</p> <ul style="list-style-type: none"> - 1 cup shredded wheat - 1 cup skim milk - ½ cup blueberries - 3 Tbsp sliced almonds
LUNCH	<p>Cheese & Tomato Panini</p> <ul style="list-style-type: none"> - 2 slices from French Baguette - 1 Tbsp. balsamic vinegar - 4 large basil leaves - 4 radicchio leaves - 4 slices tomato - 1 slice low fat provolone cheese <p><i>Serve with:</i> 10 baby carrots and 3 Tbsp hummus, 1 orange</p>
DINNER	<p>Veggie Lasagna***</p> <p>Note: makes 9 servings; 1 serving = about 1 cup</p> <ul style="list-style-type: none"> - 2 tablespoons canola oil - Veggies: ¾ cup chopped green bell pepper, 1 package pre-sliced mushrooms, 1 garlic clove (minced) - 1 (26-ounce) bottle tomato-basil pasta sauce - Cheese: ¼ cup grated fresh Parmesan cheese, 1 cup shredded part-skim mozzarella cheese, 1 (16-ounce) carton fat-free cottage cheese - Seasonings: ¼ tsp. salt, ¼ tsp. black pepper, 1 tsp. Italian seasoning - 2 large eggs, lightly beaten - 8 cooked lasagna noodles <p>Sauté bell pepper, mushrooms, and garlic with oil about 5 minutes or until tender. Stir in seasoning and sauce; simmer 10 minutes. Combine Parmesan, salt, black pepper, eggs, and cottage cheese. Spread 1-cup turkey mixture in bottom of a 13 x 9-inch dish coated with cooking spray. Arrange 4 noodles over turkey mixture; top with half of cheese mixture and 2 cups turkey mixture. Repeat layers, ending with turkey mixture. Sprinkle with mozzarella. Bake at 350° for 45 minutes.</p> <p><i>Serve with:</i> 2 cups Mixed greens salad and 2 Tbsp light Italian dressing</p> <p>***Adapted from Cookinglight.com</p>
Snack	<ul style="list-style-type: none"> - 1 small apple spread with almond butter

Nutrient Breakdown:

Calories: 1400; Fat: 40g (13g saturated, 16g monounsaturated, 6g polyunsaturated); Protein: 75g; Carbohydrates: 197g; Cholesterol: 114mg; Fiber: 26g; Sodium: 3650mg

DAY THREE

BREAKFAST	<p>English Muffin with Peanut Butter</p> <ul style="list-style-type: none"> - 1 whole wheat English muffin - 2 Tbsp. natural peanut butter (such as Laura Scudder's) - 1 tsp. honey - 1 cup of skim milk
LUNCH	<p>Grilled Cheese & Tomato Soup</p> <ul style="list-style-type: none"> - 2 pieces sourdough bread - 1 piece reduced fat cheddar cheese - 1 cup Organic, Low Sodium Tomato Soup (look for the boxed version) <p><i>Fill sourdough bread slices with cheese slice. Spray a non-stick pan with Olive oil spray and grill.</i></p> <p><i>Serve with: 1 cup sliced watermelon</i></p>
DINNER	<p>Bean Burrito</p> <ul style="list-style-type: none"> - 1 whole wheat tortilla - ½ cup vegetarian refried beans - 1 ounce light shredded cheese - 4 Tbsp. salsa or pico de gallo - 1 Tbsp. light sour cream <p><i>Serve with:</i></p> <ul style="list-style-type: none"> - 1 cup cooked mushrooms and green peppers - 3 cups tossed mixed green salad with tomatoes, cucumber, and 2 Tbsp. light balsamic dressing
SNACK	<ul style="list-style-type: none"> - 1 cup plain nonfat Greek yogurt <p><i>Topped with:</i></p> <ul style="list-style-type: none"> - ½ cup berries - 1 tsp honey

Nutrient Breakdown:

Calories: 1398; Fat: 35g (9g saturated, 13g monounsaturated, 8g polyunsaturated); Protein: 85g; Carbohydrates: 197g; Cholesterol: 83mg; Fiber: 16g; Sodium: 2613mg

DAY FOUR

BREAKFAST	<p>Cheddar-Apple Quesadilla*</p> <ul style="list-style-type: none"> - ¼ of a Granny Smith Apple, cored and thinly sliced - 1 whole wheat flour tortilla - 1 ounce reduced fat sharp cheddar cheese <p><i>Serve with:</i> 6 ounces orange juice</p> <p><small>*Adapted from So Easy, Ellie Krieger</small></p>
LUNCH	<p>Veggie Burger Sandwich</p> <ul style="list-style-type: none"> - 1 Morningstar Veggie Burger patty - 1 Whole Wheat Hamburger Bun - 1 slice reduced fat cheese - 2 slices romaine lettuce - 2 tomato slices - 1 tsp. reduced fat mayo - 1 tsp. mustard <p><i>Serve with:</i> 1 cup Greek Salad (tomato, cucumber, onion, feta cheese)</p>
DINNER	<p>Spaghetti with Faux Meat Sauce</p> <ul style="list-style-type: none"> - 1 cup whole grain spaghetti (such as Barilla Plus) - 4 oz. Morningstar meatless crumbles (find in Freezer section) - ½ cup tomato sauce <p><i>Serve with:</i> 1 cup fresh or frozen green beans and 2 cups tossed green salad</p>
SNACK	<ul style="list-style-type: none"> - 1 medium apple cut into slices and spread with 1 Tbsp. natural peanut butter

Nutrient Breakdown:

Calories: 1438 Fat: 43g (14g saturated, 10g monounsaturated, 10g polyunsaturated); Protein: 104g; Carbohydrates: 166g; Cholesterol: 292mg; Fiber: 28g; Sodium: 2482mg

DAY FIVE

BREAKFAST	<p>Vanilla Spice Oatmeal*</p> <ul style="list-style-type: none"> - 1 Tbsp. pecans - ½ cup old fashioned oats - ¾ cup + 2 Tbsp water - 1 Tbsp raisins - Dash of Vanilla Extract - Pinch of ground nutmeg - 1 Tbsp brown sugar - ¼ cup skim milk - Dash of ground cinnamon <p><small>*Adapted from So Easy, Ellie Krieger</small></p>
LUNCH	<p>1 cup Vegetarian Chili</p> <p><i>Serve with:</i></p> <ul style="list-style-type: none"> - 1 ½ cups mixed greens salad with 2 Tbsp light salad dressing - Small piece of cornbread
DINNER	<p>Beans & Rice</p> <ul style="list-style-type: none"> - ½ cup black beans - ¾ cup brown rice - ¼ cup shredded low-fat cheddar - ½ c. diced tomato - Lettuce, pepper, picante sauce or fresh salsa <p><i>Dessert:</i> 1 c. strawberries with 1 cup light vanilla yogurt</p>

Nutrient Breakdown:

Calories: 1398; Fat: 40g (10g saturated, 14g monounsaturated, 7g polyunsaturated); Protein: 95g; Carbohydrates: 170g; Cholesterol: 170mg; Fiber: 16g; Sodium: 1037mg

DAY SIX

BREAKFAST	<p>Strawberry Smoothie*</p> <ul style="list-style-type: none"> - ½ ripe banana, cut into chunks, frozen - 3 medium strawberries, fresh or thawed frozen - 1 cup skim milk - 1/8 cup wheat germ - 1/8 cup unsalted almonds - 1 tablespoon honey - ¼ tsp vanilla extract - ½ cup ice water <p><i>Combine all ingredients in a blender until smooth</i></p> <p><small>*Adapted from So Easy, Ellie Krieger</small></p>
LUNCH	<p>Mini Pizza and Fruit</p> <ul style="list-style-type: none"> - 1 oz. (3 Tbsp.) mozzarella - ½ c. raw mushrooms - ½ c. tomato sauce - 2 Whole Wheat pita pocket halves or 2 tortillas Or 2 English muffin halves <p><i>(Place toppings on bread, broil or cook in toaster oven)</i></p> <p><i>Serve with: 1 large piece fruit</i></p>
DINNER	<p>Veggie Stir-Fry</p> <ul style="list-style-type: none"> - 1 cup thinly sliced bell pepper, carrots, bok choy and snap peas - Cook in 1 tsp. sesame oil, 1 Tbsp. Low Sodium Soy Sauce, 1 tsp. ginger, and ½ tsp. red chili paste, 1 clove garlic <p><i>Serve with: 1 cup brown rice</i></p>
SNACK	<p>½ Banana spread with 2 tsp Almond Butter</p>

Nutrient Breakdown:

Calories: 1398; Fat: 40g (10g saturated, 16g monounsaturated, 8g polyunsaturated); Protein: 80g; Carbohydrates: 193g; Cholesterol: 82mg; Fiber: 26g; Sodium: 2405mg

DAY SEVEN

BREAKFAST	<p>Muesli Parfait*</p> <p><i>Mix together:</i></p> <ul style="list-style-type: none"> - 1/8 cup unsalted raw almonds - 1/4 cup skim milk - 1/4 cup nonfat plain yogurt - 1/4 cup old fashioned oats - 2 tsp. honey - Dash of vanilla extract - Top with 1/2 cup mixed berries <p><small>*Adapted from So Easy, Ellie Krieger</small></p>
LUNCH	<p>Boca Burger</p> <ul style="list-style-type: none"> - 1 whole wheat hamburger bun - 1 Boca Burger - 1 tsp. light mayo - 1 Tbsp. Mustard - Lettuce <p><i>Serve with:</i> 1 c. carrot sticks and 1 large pear</p>
DINNER	<p>Sesame Tofu with Stir-Fried Veggies**</p> <ul style="list-style-type: none"> - 1 1/2 Tbsp. reduced sodium soy sauce - 1 tsp. sesame oil - 1 Tbsp. ginger - 1 garlic clove, minced - 1 1/2 cups sliced carrots - 1 cup mushrooms - 1 red bell pepper, sliced - 1 Tbsp. toasted sesame seeds - 1/2 package firm tofu, cut into cubes <p><i>Combine soy, half the oil, ginger, and garlic. Add tofu to mixture and marinate 1 hour. Cook veggies and marinated tofu in sesame oil.</i></p> <p><i>Serve with:</i> 1 cup Asian noodles or brown rice</p> <p><small>**Adapted from Diabetes Fit Food, Ellen Haas</small></p>
SNACK	<ul style="list-style-type: none"> - 1/2 cup low fat cottage cheese - 1/2 cup sliced peaches

Nutrient Breakdown:

Calories: 1398; Fat: 40g (8g saturated, 14g monounsaturated, 12g polyunsaturated); Protein: 78g; Carbohydrates: 196g; Cholesterol: 69mg; Fiber: 36g; Sodium: 2146mg

Weekly Nutrition Averages:

51% of calories from Carb, 25% from protein, and 27% from fat

Calories: 1404

Protein: 98g

Carbohydrate: 194g

Total Fat: 42g (11g sat, 16g mono, 8g poly)

Cholesterol: 161mg

Dietary Fiber: 27g

Sodium: 2500mg