



Vegetarian Meal Plan Program

A Sample Week

1400 - 1500 Calories Per Day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Cheddar Scramble, Mushroom Hash and Charred Tomato Sauce (390 Calories)	Blackberry Honey & Coconut Overnight Oats (370 Calories)	Tomato, Kale, and Goat Cheese Frittata with Basil Pistou (360 Calories)	Banana Pancake with Strawberry Maple Syrup (360 Calories)	Tomato, Basil & Caramelized Onion Quiche (340 Calories)
AM SNACK	Zesty Lime Parfait (190 Calories)	Zucchini & Corn Fritters (190 Calories)	Peanut Butter Carrot Ball (180 Calories)	Quinoa Broccoli Tots (170 Calories)	Chocolate Coconut Date Energy Ball (180 Calories)
LUNCH	Braised Chickpeas and Carrots with Quinoa, Yogurt, and Almonds (400 Calories)	Grilled Veggie and Hummus Wrap (380 Calories)	Thai Peanut Noodle Salad (370 Calories)	Roasted Veggie Enchilada Casserole (410 Calories)	Lentil and Vegetable Shepherd's Pie (440 Calories)
PM SNACK	Toasted Sesame Seed Hummus with Crudités (140 Calories)	Sweet Potato Banana Bread (180 Calories)	Tamari Roasted Nuts (210 Calories)	Apple & Almond Butter Donut Ring (180 Calories)	Sweet Potato Pizza Bite (170 Calories)
DINNER	Eggplant Parmesan with Marinara Sauce, Penne and Green Beans (380 Calories)	Veggie Lentil Bolognese with Zoodles (380 Calories)	Butternut Squash and Lentil Curry (380 Calories)	Tofu Stir-fry with Broccoli and Mushrooms (380 Calories)	Moroccan Chickpea Skillet (370 Calories)