

# Meal Plan - Vegetarian

Prepared for Australian Eggs by Food & Nutrition Australia, September 2019



## INTRODUCTION

With careful planning, a vegetarian diet can provide all the essential nutrients needed for a healthy life. Eating balanced meals and snacks is important to ensure daily requirements for nutrients such as iron, zinc, calcium, vitamin D, vitamin B12 and omega-3 fatty acids in particular, are met. The meal plan overleaf provides a well balanced guide to assist you to meet your nutritional needs when following a vegetarian eating pattern.

Those with a medical issue should seek advice from a medical practitioner prior to changing their diet.





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Prepared for Accredited Practising Dietitian by  
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## NOTES ABOUT THIS MEAL PLAN

- This meal plan provides approximately 8,700kJ daily and is based on the average energy and nutrient requirements for weight maintenance in 18 – 65 year old adults who undertake light to moderate levels of activity. Your energy requirements vary depending on age, activity, health status, height and weight. For personalised advice, seek the services of an Accredited Practising Dietitian.
- This meal plan meets daily requirements for all key nutrients including fibre, protein, calcium, vitamin B12, zinc and iron as well as providing sources of omega-3s from seeds, nuts and eggs.
- The meal plan provides the minimum number of serves from each of the core food groups as recommended in the Australian Guide to Healthy Eating\* for adults (other than women over 51 years and men over 70 years who require additional dairy).

\*Australian Guide to Health Eating, NHMRC, Commonwealth of Australia, 2013 <http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>



	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<b>BREAKFAST</b>	<b>Seedy Porridge with Fruit</b> Cook ½ cup rolled oats to make porridge. Stir in 2 tbsp chia seeds & top with 1 cup milk + sliced fruit, cinnamon and honey to taste.	<b>Wholegrain Cereal with Milk &amp; Fruit</b> 2/3 cup wholegrain flaky cereal + 1 cup milk + 1 piece of fruit (eg. 1 medium apple or pear) + 1 tbsp linseeds + 1 slice wholegrain toast with honey.	<b>Toast with Berry Smoothie</b> 1 toasted wholegrain bread spread with 1 tbsp nut butter & served with a smoothie made with cup milk + 1 cup berries + 2 tbsp LSA* + honey to taste.	<b>Savoury Porridge Breakfast Bowl (1 serve)</b> See recipe at <a href="https://bit.ly/36ZnXP">https://bit.ly/36ZnXP</a> Serve with ½ cup natural fruit juice with no added sugar.	<b>Muesli with Yoghurt &amp; Fruit</b> ½ cup muesli + 1 tub yoghurt + 1 serve of fresh fruit (eg. 2 nectarines or 1 medium banana or apple).	<b>Ricotta &amp; Fruit Wrap</b> 1 slice of wholemeal flat bread spread with 1/4 cup ricotta, ½ sliced banana + ½ cup strawberries + ¼ cup muesli. Drizzle with honey and roll up into a wrap.	<b>Poached Eggs on Toast</b> Two poached eggs on 2 slices wholegrain toast. Add tomato, spinach, mushrooms as desired. + 1 piece fresh fruit. + 1 cup milk.
<b>LUNCH</b>	<b>Fully Loaded One Pan Eggs (1 serve)</b> See recipe at <a href="https://bit.ly/2NKcv2R">https://bit.ly/2NKcv2R</a> Serve with 1 slice wholegrain bread/ sourdough.	<b>Flat Bread with Grilled Vegetables</b> 1 wholemeal flat bread filled with ½ cup grilled vegetables (eg. zucchini, eggplant, capsicum) cooked in 2 tsp olive oil + 1 cup baby spinach & sprinkle of grated cheese. 1 small fruit (eg. kiwi, apricot, apple) or small bundle of grapes.	<b>Zoodles &amp; Eggs Salad</b> See recipe at <a href="https://bit.ly/2CCWwNF">https://bit.ly/2CCWwNF</a> Serve with 1 slice wholegrain bread/ sourdough.	<b>Chargrilled Vegetables &amp; Bean Pasta</b> 1 cup chargrilled vegetables (eg. eggplant, capsicum, pumpkin, tomato) cooked in 2 tsp olive oil and garlic + 1 cup borlotti beans + 1 cup wholemeal cooked pasta and 2 tbsp vinegar dressing.	<b>Vegetarian Burger</b> 1 vegetable patty & 1 slice of cheese on a wholegrain bread roll spread with hummus + 1 cup salad vegetables (tomato, lettuce, onion, beetroot).	<b>Vegetarian Pizza</b> 1 wholemeal pita bread topped with 1 tbsp tomato paste + 1 cup sliced vegetables (eg. tomato, capsicum, mushroom) + 1 cup bean mix + handful olives + 2 tbsp grated cheese. Place in hot oven until top is golden. Serve with 1 cup salad.	<b>Cold Soba Noodle with Tofu</b> Mix 1 cup cooked and cooled soba noodles with 170g diced tofu & 1 cup sliced vegetables (eg. carrot, capsicum, exotic mushrooms) + ½ cup bean sprouts. Dress with 2 tbsp sweet soy/rice wine vinegar and 2 tsp sesame oil. Sprinkle with toasted sesame seeds.
<b>DINNER</b>	<b>Lentil &amp; Fetta Rice Salad</b> Mix 1 cup cooked lentils + handful crumbled feta cheese with 2 tsp olive oil + 1 cup cooked brown rice + 1 cup torn rocket leaves. Toss in 2 tbsp vinegar dressing and chopped parsley.	<b>Egg Cauliflower and Veggie Fried Rice with Peanut Satay (1 serve)</b> See recipe at <a href="https://bit.ly/2X9KW5Z">https://bit.ly/2X9KW5Z</a>	<b>Tofu and Rice Noodle Stir-fry</b> 85g diced firm tofu + 1½ cups vegetables (eg. broccoli, snow peas, capsicum) + 1 cup fresh rice noodles stir-fried in 2 tsp sesame oil, 2 tbsp soy/mirin/hoisin sauce. Sprinkle with toasted sesame seeds.	<b>Pumpkin, Sweet Potato and Dahl Soup</b> Blend together 1 cup pumpkin + 1 medium sweet potato + ½ onion + 1 cup cooked red lentils in 2 cups vegetable stock. Season with cumin and top with chopped parsley. Serve with 2 slices sourdough bread and a dollop of yoghurt.	<b>Tofu with Wild Rice Pilaf</b> Mix 1 cup cooked wild rice with 170g diced firm tofu + 1.5 cups cooked vegetables (eg. mushrooms, carrots, peas) + 2 tbsp dried fruit (eg. cranberry, sultana). Top with diced green onion and handful of toasted pine nuts.	<b>Egg Buddha Bowl (1 serve)</b> See recipe at <a href="https://bit.ly/32IBmrS">https://bit.ly/32IBmrS</a>	<b>Stuffed Eggplant</b> Halve 1 medium eggplant lengthways, scoop out & chop the flesh. Stir-fry in 2 tsp oil with 1 chopped tomato + 1 cup cannellini beans + 1 cup cooked quinoa. Add garlic & herbs. Fill eggplant shells, top with 2 tbsp grated cheese & bake until eggplant is soft and top is golden.
<b>DESSERT /SUPPER</b>	<b>Orange &amp; Mint Salad</b> 1 sliced orange topped with handful of pistachio kernels + 1 tbsp shredded mint and cinnamon to taste.	<b>Berries &amp; Yoghurt Parfait</b> 200g natural yoghurt layered with 1/2 cup mixed berries and 2tbsp chopped nuts. + (optional) 1tbsp apple juice for sweetness.	<b>Fresh Fruit &amp; Cheese Platter</b> Slice and serve a variety of fresh fruits in season with your favourite cheese.	<b>Yoghurt &amp; Fruit</b> 1 tub yoghurt + 1 average piece of fruit.	<b>Frozen Yoghurt with Fruit</b> Slice and serve a variety of fresh fruits in season with your favourite frozen yoghurt.	<b>Fruit Smoothie</b> 1 cup milk + fruit (eg. a banana, mango or 1 cup berries) + 1 tsp honey.	<b>Ricotta &amp; Fruit</b> 1 cup fruit salad topped with 2 tbsp ricotta cheese plus 1 tsp honey, and a sprinkle of linseeds & chia seeds.
<b>SNACKS</b>	1 tub yoghurt topped with 1 tbsp mixed seeds.	20g cheese + 3 wholegrain crispbreads.	A handful of nuts (30g) + 1 tub yoghurt.	3 wholegrain crackers with 40g cheese.	Handful of nuts (30g).	1 tub yoghurt topped with 1 tbsp mixed seeds.	Handful of nuts (30g) + 20g cheese.

\*LSA - Linseed, sunflower and almond mix.