

## 2000 Calorie Meal Plan for Lacto-Ovo Vegetarian Diet (includes dairy & eggs)

Day 1	Day 2	Day 3	Day 4	Day 5
<p><b><u>Breakfast</u></b>                      1 c. oatmeal                      1 ½ T almond butter mixed in, top with cinnamon                      ½ c. blueberries                      1 c. non-fat milk</p> <p><b><u>Snack</u></b>                      6 oz plain Greek yogurt                      1 medium pear</p> <p><b><u>Lunch</u></b>                      Couscous Salad-                      1 c. cooked couscous                      1 T dried pine nuts                      ½ c. chopped red bell pepper                      1 c. spinach, chopped                      ¼ c. low fat crumbled feta cheese                      2 tsp olive oil                      2 tsp balsamic vinegar                      1 T minced shallot &amp; garlic                      1 T chopped black olive                      Add desired spices                      Sesame Broccoli                      1 c. steamed broccoli                      2 tsp sesame oil</p> <p><b><u>Snack</u></b>                      1 c. non-fat milk                      2 c. air popped popcorn                      Sprinkle with cinnamon or cumin</p> <p><b><u>Dinner</u></b>                      Veggie Chili-1 pita                      ½ c. black beans                      ¾ c. canned tomatoes &amp; liquid                      ½ c. sliced zucchini                      ½ c. cauliflower florets                      Season with cumin, chili powder, garlic &amp; pepper                      Simmer until vegetables are soft                      1 oz shredded cheddar cheese-top</p> <p style="text-align: center;">2000 cal, 88 grams protein</p>	<p><b><u>Breakfast</u></b>                      2 eggs scrambled                      ½ c. kale, chopped                      ¼ c. mushrooms, chopped                      ¼ c. salsa                      1 slice whole grain bread                      2 tsp olive oil for eggs &amp; bread                      1 c. non-fat milk                      1 c. chunks of pineapple &amp; melon</p> <p><b><u>Snack</u></b>                      ½ c. hummus                      ½ c. baby carrots</p> <p><b><u>Lunch</u></b>                      1 c. whole wheat macaroni                      2 T pesto                      ¼ c. sun dried tomatoes, chopped                      1 T sunflower seed kernels                      ¼ c. grapes</p> <p><b><u>Snack</u></b>                      ½ c. low fat cottage cheese                      ½ banana, sliced</p> <p><b><u>Dinner</u></b>                      1 c. non-fat milk                      1 half a large Spaghetti Squash, baked &amp; scooped into a bowl                      Mix in                      1 T sesame oil                      1T toasted sesame seeds                      ¼ cherry tomatoes, halved                      1 c. chopped spinach                      3 T chopped black olive                      Serve with 1 pita bread</p> <p style="text-align: center;">2000 cal, 94 grams protein</p>	<p><b><u>Breakfast</u></b>                      1 c. non-fat milk                      Fruit Salad-                      ½ c. pineapple chunks                      ½ c. melon chunks                      ½ c. strawberries                      1 kiwi, chopped                      6 oz. Greek yogurt</p> <p><b><u>Snack</u></b>                      6 whole wheat crackers                      2 T peanut butter</p> <p><b><u>Lunch</u></b>                      Egg Salad                      2 hardboiled eggs, chopped                      2 T fat free mayo                      6 T chopped celery &amp; peas                      1 pita pocket                      Season to taste                      ½ c. baked sweet potato                      Melted slice of provolone</p> <p><b><u>Snack</u></b>                      1 c. non-fat milk                      22 raw almonds</p> <p><b><u>Dinner</u></b>                      Vietnamese Noodle Bowl-                      ½ c. Rice noodles                      1 c. bean sprouts, chopped                      lettuce, mint, basil, cucumber, carrot slivers                      ½ c. grilled tempeh                      1 tsp fish sauce                      Season with chili flakes</p> <p style="text-align: center;">2000 cal, 99 grams protein</p>	<p><b><u>Breakfast</u></b>                      2 slices whole wheat bread, toasted                      ¼ large avocado, smashed onto bread                      4 tomato slices                      2 pieces vegetarian bacon                      1 c. non-fat milk</p> <p><b><u>Snack</u></b>                      1 c. applesauce                      6 whole wheat crackers</p> <p><b><u>Lunch</u></b>                      1 c. Spinach                      8 strawberries, chopped                      ¼ c. candied walnuts                      ¼ c. low fat Feta cheese                      2 tsp balsamic vinegar                      ½ c. Baba Ganoush (eggplant hummus)                      ½ c. cucumber slices                      ½ c. baby carrots                      ½ pita bread, cut into pieces for dipping</p> <p><b><u>Snack</u></b>                      ¼ c. trail mix (nuts &amp; dried fruit)                      1 banana</p> <p><b><u>Dinner</u></b>                      1 c. non-fat milk                      Stir Fry:                      1 c. quinoa, cooked                      2 c. steamed Brussels sprouts, red bell pepper, cauliflower, mushroom, squash, etc.                      2 tsp soy sauce</p> <p style="text-align: center;">2000 cal, 87 grams protein</p>	<p><b><u>Breakfast</u></b>                      6 in. whole wheat tortilla                      ½ c. pinto beans                      ½ oz. shredded cheese                      4 T salsa                      ¼ c. lettuce, jalapeno, onion                      1 c. non-fat milk                      ½ orange</p> <p><b><u>Snack</u></b>                      ½ c. hummus                      ½ c. baby carrots</p> <p><b><u>Lunch</u></b>                      Lentil Soup-                      1 c. cooked lentils                      1 c. vegetable broth                      ½ c. potatoes, boiled &amp; diced                      ½ c. parsnip, boiled &amp; diced                      Season with garlic &amp; pepper                      Serve with 6 whole wheat crackers                      1 medium peach</p> <p><b><u>Snack</u></b>                      1 c. non-fat milk                      2 c. air-popped popcorn                      Season with cumin or cinnamon</p> <p><b><u>Dinner</u></b>                      4 oz. marinated, baked tofu                      ½ c brown rice, rolled into balls                      1 T sesame oil                      1 c. steamed sugar snap peas                      1 c. fresh raspberries &amp; blueberry</p> <p style="text-align: center;">2000 cal, 100 grams protein</p>