

2000 Calorie Meal Plan for Semi-Vegetarian Diet (includes: eggs, dairy, poultry, seafood)

Day 1	Day 2	Day 3	Day 4	Day 5
<p><u>Breakfast</u> 1 c. oatmeal 1 ½ T almond butter mixed in, top with cinnamon ½ c. blueberries 1 c. non-fat Milk</p> <p><u>Snack</u> 6 oz plain Greek yogurt 1 medium pear</p> <p><u>Lunch</u> Couscous Salad- 1 c. cooked couscous 2 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 & garlic 1 T chopped black olive Sesame Broccoli 1 c. steamed broccoli 2 tsp sesame oil</p> <p><u>Snack</u> 2 c. air popped popcorn Sprinkle with cinnamon or cumin</p> <p><u>Dinner</u> Veggie Chili- 1 pita ½ c. black beans ¾ c. canned tomatoes & liquid 3 oz. lean ground turkey, browned ½ c. sliced zucchini ½ c. cauliflower florets Season with cumin, chili powder, garlic & pepper. Simmer. 1 oz shredded cheddar cheese</p> <p>2000 cals, 103 grams protein</p>	<p><u>Breakfast</u> 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 & bread 1 c. non-fat milk 1 c. chunks of pineapple & melon</p> <p><u>Snack</u> ½ c. hummus ½ c. baby carrots</p> <p><u>Lunch</u> 3 oz fresh salmon, baked 1 c. whole wheat macaroni 2 T pesto ¼ c. sun dried tomatoes, chopped 1 T sunflower seed kernels ¼ c. grapes</p> <p><u>Snack</u> ½ c. low fat cottage cheese</p> <p><u>Dinner</u> 1 c. non-fat milk 1 half a large spaghetti squash, baked & scooped into a bowl Mix in 1 T sesame oil 1T toasted sesame seeds ¼ cherry tomatoes, halved 1 c. chopped spinach Serve with 1 pita bread</p> <p>2000 cals, 115 grams protein</p>	<p><u>Breakfast</u> 1 c. non-fat milk Fruit Salad- ½ c. pineapple chunks ½ c. melon chunks ½ c. strawberries 1 kiwi, chopped</p> <p>6 oz. Greek yogurt</p> <p><u>Snack</u> 6 whole wheat crackers 1 T peanut butter</p> <p><u>Lunch</u> Egg Salad 2 hardboiled eggs, chopped 2 T fat free mayo 6 T chopped celery & peas 1 pita pocket Season to taste ½ c. baked sweet potato Melted slice of provolone</p> <p><u>Snack</u> 1 c. non-fat milk 22 raw almonds</p> <p><u>Dinner</u> Vietnamese Noodle Bowl- ½ c. Rice noodles 3 oz. grilled chicken, chopped 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>2000 cals, 121 grams protein</p>	<p><u>Breakfast</u> 2 slices whole wheat bread, toasted ¼ large avocado, smashed onto bread 4 tomato slices 2 pieces turkey bacon 1 c. non-fat milk</p> <p><u>Snack</u> 1 c. applesauce 6 whole wheat crackers</p> <p><u>Lunch</u> 1 c. Spinach 8 strawberries, chopped ¼ c. dried walnuts ¼ c. crumbled, 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</p> <p><u>Snack</u> ¼ c. trail mix (nuts & dried fruit)</p> <p><u>Dinner</u> 1 c. non-fat milk Stir Fry: 1 c. quinoa, cooked 6 large steamed shrimp 2 c. steamed Brussels sprouts, red bell pepper, cauliflower, mushroom, squash, etc. 2 tsp soy sauce</p> <p>2000 cals, 90 grams protein</p>	<p><u>Breakfast</u> 6 in. whole wheat tortilla 1 egg, scrambled ½ c. pinto beans ½ ounce shredded cheese 4 T salsa ¼ c. lettuce, jalapeno, onion 1 c. non-fat milk ½ orange</p> <p><u>Snack</u> ½ c. hummus ½ c. baby carrots</p> <p><u>Lunch</u> Lentil Soup- 1 c. cooked lentils 1 c. vegetable broth ½ c. potatoes, boiled & diced ½ c. parsnip, boiled & diced Season with garlic & pepper Serve with 6 whole wheat crackers 1 medium peach</p> <p><u>Snack</u> 1 c. non-fat milk 2 c. air-popped popcorn Season with cumin or cinnamon</p> <p><u>Dinner</u> 3 oz. grilled chicken ½ c. brown rice, rolled into balls 1 T sesame oil 1 c. steamed sugar snap peas 1 c. fresh raspberries</p> <p>2000 cals, 111 grams protein</p>