

1500 Calorie Meal Plan for Lacto-Ovo Vegetarian Diet (includes dairy & eggs)

Day 1	Day 2	Day 3	Day 4	Day 5
<p><u>Breakfast</u> 1 c. oatmeal 1.5 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</p> <p><u>Lunch</u> Couscous Salad- 1 c. cooked couscous 1 T. dried pine nuts ½ c. chopped red bell pepper 1 c. spinach, chopped 2 tsp. olive oil 2 tsp. balsamic vinegar 1 T. minced shallot & garlic 1 T. chopped black olive Add desired spices</p> <p><u>Snack</u> 2 c. air popped popcorn Sprinkle with cinnamon</p> <p><u>Dinner</u> Veggie Chili- ½ c. black beans ¾ c. canned tomatoes & liquid ½ c. sliced zucchini ½ c. cauliflower florets Season with cumin, chili powder, garlic & pepper Simmer until vegetables are soft 1 oz. shredded cheddar cheese on top 1 pita</p> <p>1500 cal, 67 gram 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> ¼ c. hummus ½ c. baby carrots</p> <p><u>Lunch</u> ½ 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> 6 oz. plain yogurt</p> <p><u>Dinner</u> 1 half a large spaghetti squash, baked & scooped into a bowl Mix in 1 T. sesame oil 1 T. toasted sesame seeds ¼ cherry tomatoes, halved 1 c. chopped spinach 3 T. chopped black olive Serve with ½ pita bread</p> <p>1500 cal, 60 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 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 tablespoons fat free mayo 4 T. chopped celery & peas 1 pita pocket Season to taste ½ c. baked sweet potato Sprinkle with cinnamon</p> <p><u>Dinner</u> 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>1500 cal, 73 grams protein</p>	<p><u>Breakfast</u> 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><u>Snack</u> 1 c. applesauce 6 whole wheat crackers</p> <p><u>Lunch</u> 1 c. spinach 8 strawberries, chopped ¼ c. candied walnuts ¼ c. crumbled, low fat feta cheese 2 tsp. balsamic vinegar ¼ c. Baba Ganoush (eggplant hummus) ½ c. cucumber slices ½ c. baby carrots ¼ pita bread, cut into pieces for dipping</p> <p><u>Snack</u> ¼ c. trail mix (nuts, dried fruit)</p> <p><u>Dinner</u> Stir Fry: ½ c. quinoa, cooked 2 c. steamed Brussels sprouts, red bell pepper, cauliflower, mushroom, squash, etc. 2 tsp. soy sauce</p> <p>1500 cal, 62 grams protein</p>	<p><u>Breakfast</u> 6 in. whole wheat tortilla ¼ c. pinto beans ½ oz. shredded cheese 4 T. salsa ¼ c. lettuce, jalapeno, onion 1 c. non-fat milk ½ orange</p> <p><u>Snack</u> ¼ c. hummus ½ c. baby carrots</p> <p><u>Lunch</u> Lentil Soup- ½ 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> 2 c. air-popped popcorn Season with cumin or cinnamon</p> <p><u>Dinner</u> 3 oz/ marinated, baked tofu ¼ c. brown rice, rolled into balls 1 T. sesame oil 1 c. steamed sugar snap peas 1 c. fresh raspberries & blueberries</p> <p>1500 cal, 71 grams protein</p>