

Vegetarian meal plan

average carbs per day - 25g



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	115g full fat Greek yoghurt with 30g fresh raspberries	Omelette made with 2 eggs, ½ sliced avocado & 30g cheese	Combine 200ml unsweetened almond milk with 2 tbsp almond butter & icecubes	Smoothie made with 200ml unsweetened soya milk, 90 tofu and 100g frozen strawberries. Blend well.	2 eggs scrambled with 80g sautéed spinach, ½ small chopped onion and 30g cheese	115g cottage cheese with 30g almonds & 30g blueberries	115g Greek yoghurt, stir in 1 tbsp almond butter and top with 30g blueberries
Snack	30g cubed cheese	Atkins Chocolate Ready to Drink shake	1 hard boiled egg	30g cubed cheese and 30g walnuts	½ avocado mashed into guacamole and use 1 celery stick to dip	1 hard boiled egg	10 olives
Lunch	Salad made with 1 tomato, 1 sliced spring onion, 50g cucumber, 50g rocket leaves and ½ avocado. Top with 100g grilled halloumi. Drizzle with 1 tbsp olive oil	Cream of Cauliflower soup (see recipe)	2 vegetarian burgers topped with 2 slices cheese. Serve with 200g mixed salad leaves, 10 black olives and drizzle with olive oil	100g grilled tofu with 2 tbsp hummus. Serve with 50g romaine, 50g sliced red pepper, 1 spring onion drizzled with 1 tbsp olive oil	85g tempeh sautéed with 8 button mushrooms, ½ chopped onion & 100g spinach. Drizzle with soya sauce	1 vegetarian burger topped with ½ sliced avocado, 1 small sliced tomato & serve with large mixed salad drizzled with olive oil	Salad made with 5 cherry tomatoes, 45g chickpeas, 50g feta cheese, 1 tbsp fresh basil. Drizzle with extra virgin olive oil
Snack	10 green or black olives	50g honeydew melon & 50g full fat Greek yoghurt	100g Greek yoghurt topped with 60g hazelnuts	2 celery sticks filled with 1 tbsp sugar free peanut butter	40g edamame (soya beans)	30g pistachios or cashews	Atkins Ready to drink shake
Dinner	Stir-fry with tofu (see recipe) Follow with 115g natural whole milk yoghurt, stir in 1 tbsp ground flaxseeds	100g tofu hot dog with 60g cauliflower, steamed then mashed with 40g grated cheese. Serve with mixed greens, sliced cucumber salad drizzled with 1 tbsp olive oil	175g Quorn chicken breast, grilled. Serve with 6 asparagus spears, 85g steamed pak choi and 50g cooked lentils	2 hard boiled eggs with 100g mixed salad, 1 tomato, 60g feta cheese, 5 black olives and olive oil. Follow with Atkins ready to drink shake	Broccoli Egg Foo Yung (see recipe)	115g grilled aubergine marinated in 2 tbsp soya sauce and grilled to your liking. Serve with 60g mashed cauliflower topped with 30g grated cheese & 50g broccoli. Follow with 100g Greek yoghurt topped with 35g sweet cherries	2 Quorn unbreaded cutlets. Serve with 6 asparagus spears and salad of 100g mixed salad greens, 50g shredded cabbage & 1 tbsp mayonnaise



Recipes



Tofu Stir-fry

serves 1

100g hard tofu
½ red pepper
5 mushrooms
½ small onion
2 tbsp soya sauce
50g beansprouts

Cube 100g tofu (hard), sliced ½ red pepper and 5 mushrooms and ½ small onion. Stir-fry for a few minutes then add 2 tbsp soya sauce & 50g beansprouts.

Cream of Cauliflower Soup

serves 4

3 tablespoons butter
1 onion
4 stalks celery
1 litre vegetable stock
600 gram cauliflower
120ml creme fraiche
Salt and pepper to taste

Melt 3 tbsp butter over low heat and sauté 1 chopped onion and 2 chopped celery stalks until softened. Add 800ml vegetable stock and 600g cauliflower, chopped and simmer until cauliflower is tender.

Transfer into a blender, in batches, and add ¼ tsp xanthan gum (if preferred) and puree the ingredients. Pour the mixture into the pan, stir in 100ml single cream and add salt & pepper to taste.



Broccoli Egg Foo Yung

serves 2

3 tbsp oil
1 chopped onion
400g chopped cabbage
5 eggs
1 tbsp soya sauce
2 tbsp sesame oil
1 tsp Chinese 5 spice
1 tsp garlic powder
200g beansprouts
100g broccoli

Add 2 tbsp oil to a wok or frying pan and cook 1 chopped onion & 400g chopped cabbage, until tender. Whisk 5 eggs in a bowl and mix in 1 tbsp soya sauce, 2 tbsp sesame oil, 1 tsp Chinese five spice & 1 tsp garlic powder.

Add in onion & cabbage, then add 200g beansprouts & 100g chopped broccoli. Add 1 tbsp oil. Cook for 3 minutes then flip over and cook another 3 minutes.





Ingredients

Shopping List

Monday

Raspberries
Tomato
Cucumber
Rocket
Avocado
Halloumi
Tofu
Beansprouts

Wednesday

Unsweetened almond milk
Almond butter
Vegetarian burgers
Black olives
Hazelnuts
Quorn chicken breast
Asparagus
Pak Choi
Lentils

Friday

Spinach
Celery
Tempeh
Butter mushrooms
Edamame (soya beans)
Beansprouts

Sunday

Almond butter
Blueberries
Chickpeas
Feta Cheese
Atkins shake

Tuesday

Celery
Vegetable broth
Xanthan gum
Double cream
Honeydew Melon
Tofu hot dogs

Thursday

Tofu
Strawberries
Unsweetened soya milk
Walnuts
Hummus
Peanut butter
Feta
Atkins shake

Saturday

Cottage cheese
Almonds
Blueberries
Vegetarian burger
Pistachios
Aubergine
Sweet Cherries

Quorn unbreaded cutlets
Asparagus
Cabbage
Melon

Hardy to have around the house

Mixed salad leaves
Atkins snacks (specify)
Butter
Parsley & other herbs
Selection of foundation vegetables
Cheese
Garlic
Chilli Peppers
Ground flaxseeds
Splenda
Cinnamon & other spices
Mustard
Olive oil
Soya sauce
olives
Onion, peppers, mushrooms and a variety of vegetables
Avocado
Greek yoghurt
Full fat mayonnaise

Notes