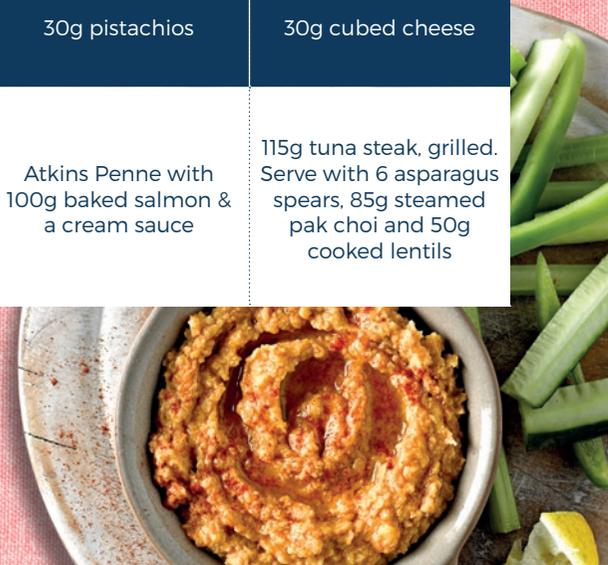




Vegetarian meal plan

average carbs per day - 25g

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	125ml full fat Greek yoghurt topped with 30g raspberries	1 Atkins crispbread with 1 tbsp full fat cream cheese, ½ sliced tomato, 1 chopped radish and 50g smoked salmon	2 hard boiled eggs mashed with 1 tbsp full fat mayonnaise & ½ avocado	Omelette made with 2 eggs, ½ sliced avocado and 30g cheese	2 eggs scrambled with 80g sautéed spinach, ½ small chopped onion and 30g cheese	1 Atkins crispbread topped with 100g cottage cheese	115g Greek yogurt, stir in 1 tbsp almond butter and top with 30g blueberries
Snack	2 Atkins Chocolate chip cookies	1 Atkins ready to drink Chocolate shake	30g cubed cheese	50g honeydew melon	½ avocado mashed and use 1 celery stick, chopped, to dip	1 hard boiled egg	1 Atkins ready to drink chocolate shake
Lunch	Spinach and Blue Cheese Pasta salad (see recipe)	Cauliflower soup (see recipe)	1 veggie burger served on a romaine 'bun' with 100g mixed salad leaves, 3 cherry tomatoes, 1/3 chopped cucumber; drizzle with 1 tbsp olive oil	1 tin tuna with 2 tbsp hummus. Serve with 30g romaine, 50g sliced red pepper, 1 spring onion and drizzle with EV olive oil	85g tempeh sautéed with 15g button mushrooms, ½ chopped onion and 100g spinach. Drizzle with oil.	1 veggie burger, top with ½ sliced avocado, 1 small sliced tomato. Serve with mixed salad leaves	Salad with beetroot & trout (see recipe) *can use alternative fish
Snack	8 olives	30g almonds	1 Atkins ready to drink Strawberry shake	1 celery stalk filled with 1 tbsp no added sugar peanut butter	Atkins Cookies & Cream bar (vegetarian friendly)	30g pistachios	30g cubed cheese
Dinner	Stir fry 100g tofu, 50g sliced pepper, 50g bean sprouts, 35g mushrooms and ¼ chopped onion. Stir-fry with 1 tbsp soya sauce	Halloumi with chickpeas (see recipe)	Stuffed Peppers with Mushrooms (see recipe)	Fried egg with roasted vegetables (see recipe)	Spicy Atkins Penne (see recipe)	Atkins Penne with 100g baked salmon & a cream sauce	115g tuna steak, grilled. Serve with 6 asparagus spears, 85g steamed pak choi and 50g cooked lentils



Recipes



Spinach-Blue Cheese Pasta Salad

serves 1

25 grams of Atkins Penne, boiled
50 grams of spinach
4 cherry tomatoes
1 spring onion, chopped
30 grams of blue cheese, crumbled
Olive oil
Salt and pepper to taste

Mix the cooled penne in a bowl with the spinach, tomato and spring onion. Add the blue cheese and the olive oil. Mix gently and serve.

Beet Salad with Trout

serves 4

400 grams of cooked beets
2 shallots
2 pickles
200g smoked trout fillet
3 tablespoons olive oil
2 tablespoons white wine vinegar
2 teaspoons mustard
fresh parsley

Cut the beetroot into small cubes. Peel and chop the shallots. Cut the cucumbers into small cubes.

Cut the trout fillet into small pieces.

Make a dressing of oil, vinegar and mustard. Chop the parsley.

Mix the dressing with the vegetables and fish. Season with salt and pepper and add the salad on four plates or glasses. Garnish with parsley.



Stuffed Peppers with Mushrooms

serves 4

2 red peppers
4 tablespoons olive oil
60g pine nuts
3 cloves garlic finely printed
20 mushrooms of your choice, chopped
4 tablespoons lime juice
4 tablespoons tahini
Salt and pepper to taste

Preheat the oven to 180 degrees. Halve the peppers, remove the seeds out, drizzle with olive oil and place the peppers for 10 minutes in the oven.

Toast the pine nuts in a pan and put them in a bowl. Put some oil in a pan and fry the garlic and mushrooms. Add the pine nuts, lemon juice and tahini to the mushroom mixture. Season with salt and pepper. Remove the peppers from the oven and fill them with the mixture. Put the stuffed peppers for 15 minutes in the oven. Serve with a salad of your choice.

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 the butter on low heat and fry the chopped onion and celery in a soup pot. Add the broth and cauliflower and cook the cauliflower until soft.

Remove the vegetables with a slotted spoon and puree it. Gradually add to the broth. Puree the whole and put the mixture back into the soup pot. Stir the soup and add salt and pepper as desired.



Recipes



Halloumi Chickpeas with Rice and Cauliflower

serves 4

2 red onions, cut into wedges
2 peppers, red and yellow, cut into strips
1 courgette, cut into strips
Olive oil
200g coarsely grated cauliflower
½ bunch parsley
85 grams cashew nuts
1 clove crushed garlic
400g chickpeas, drained and rinsed
200g halloumi, diced

Preheat the oven to 200 degrees Celsius. Grease a baking tray with plenty of olive oil. Put the red onion, peppers and courgette on the baking sheet and roast in the oven for about 25 minutes until the vegetables are softened and lightly browned.

Meanwhile, cook the cauliflower rice 3 minutes and drain. Make pesto nuts, parsley, oil and garlic in a mortar or blender. Stir in the chickpeas and the halloumi the roasted vegetables on the baking sheet and bake for 10 minutes.

Arrange the vegetables on a platter. Make in the middle of the scale space for the cauliflower rice. Garnish the rice with cauliflower pesto.



Spicy Atkins Penne

serves 4

1 chopped onion
2 stalks celery, chopped
4 cloves garlic, chopped
1 jalapeno pepper, chopped
1 tablespoon tomato paste and 1 tablespoon balsamic vinegar
250g mixed vegetables like zucchini, mushroom and patprika
50 grams lentils
400g chopped tomatoes
100 grams of Atkins Penne
2 tablespoons Parmesan cheese

Cut the onion, celery and jalapeno pepper and place 3 tablespoons vegetarian broth in a saucepan.

Boil gently under stirring occasionally, until the vegetables are soft.

Add the garlic, tomato puree and balsamic vinegar and cook on high heat for 1 minute. Add the chopped vegetables, lentils and tomatoes and bring to a boil.

Cook on low heat for another 20 minutes. Meanwhile, cook the Atkins Penne.

Drain the pasta and season vegetable mixture to taste. Serve the pasta with the Parmesan cheese.



Baked Egg with Roasted Vegetables

serves 4

½ red pepper
½ green bell pepper
1 aubergine
1 onion
2 cloves garlic
1 fennel bulb
2 handfuls of fresh rosemary
6 tablespoons olive oil
4 eggs

Heat oven to 200 degrees. Cut all vegetables into chunks. Grease a baking sheet liberally with oil and place the vegetables on it. Divide the rosemary over it.

Roast the vegetables 20 minutes. Remove the vegetables from the oven and make Zuitsngeope griddle. Break in each recess 2 eggs and place the baking tray back in the oven for a further 5 to 10 minutes. Serve immediately.