

1500 KCAL VEGETARIAN MEAL PLANNER

All recipes marked ● are available at diabetes.org.uk/recipes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Breakfast	Porridge made with 27g uncooked oats and 250ml whole milk, with a 104g pear 305.4 kcal • 42.7g carbs • 5.2g fibre 10.5g protein • 1 Fruit & Veg (F&V)	30g no added sugar muesli and 200ml semi-skimmed milk and 40g blueberries 218 kcal • 36g carbs • 4g fibre 11g protein • 0.5 F&V	2 slices of rye bread and 70g avocado with an 80g tomato 264 kcal • 29g carbs • 7g fibre 7g protein • 1.5 F&V	2 wheat biscuits with 200ml semi-skimmed milk and a 85g banana 287 kcal • 55g carbs • 5g fibre 13g protein • 1 F&V
Snack	80g blueberries 32 kcal • 7g carbs • 1g fibre 1g protein • 1 F&V	131g apple and 1tbsp smooth peanut butter 147 kcal • 15g carbs • 2g fibre 4g protein • 1 F&V	104g pear 45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&V	80g mango 46 kcal • 11g carbs • 3g fibre 1g protein • 1 F&V
Lunch	Cheese omelette made with 2 eggs and 20g cheese, paired with 4 cherry tomatoes, 20g rocket leaves, 80g cucumber and 10g linseeds 412 kcal • 6g carbs • 5g fibre 25g protein • 2 F&V	Small 95g jacket potato and half a tin of baked beans 249 kcal • 50g carbs • 12g fibre 12g protein • 1 F&V	Mulligatawny soup with 1 wholemeal 60g pitta bread and two 85g satsumas ● 325 kcal • 60.5g carbs • 8.3g fibre 13.6g protein • 2 F&V	Tomato, olive, asparagus and bean salad ● 141 kcal • 14.2g carbs • 7.6g fibre 6.8g protein • 2 F&V
Snack	Healthy hummus with 80g sliced peppers ● 71 kcal • 9g carbs • 4.2g fibre 4.5g protein • 1 F&V	10g plain walnuts and 80g cantaloupe melon 91 kcal • 5g carbs • 1g fibre 1g protein • 1 F&V	Fruit and nut bar ● 124 kcal • 16.3g carbs • 1g fibre 2.9g protein • 0 F&V	30g almonds 184 kcal • 2g carbs • 2g fibre 6g protein • 0 F&V
Dinner	Roasted cauliflower, paneer and chickpea curry and 80g boiled spinach ● 367 kcal • 39.9g carbs • 14.5g fibre 19.3g protein • 5 F&V	Vegetable ragu and pasta ● 421 kcal • 69.3g carbs • 17.1g fibre 18.4g protein • 4 F&V	Bean and mushroom enchiladas with 20g rocket leaves ● 504 kcal • 61.3g carbs • 15g fibre 29.3g protein • 5 F&V	Aubergine and courgette parmesan* bake with 110g cooked couscous and 80g boiled spinach ● 386 kcal • 43.1g carbs • 11.3g fibre 21.9g protein • 6 F&V
Pudding	125g plain low fat Greek-style yogurt with 80g raspberries 116 kcal • 12g carbs • 3g fibre 10g protein • 1 F&V	Full of fruit sundaes ● 137 kcal • 25.1g carbs • 3.4g fibre 6.7g protein • 1 F&V	80g cantaloupe melon and 125g low fat Greek yogurt 118 kcal • 13g carbs • 1g fibre 9g protein • 1 F&V	30g slice malt loaf with 5g vegetable-oil-based spread 119 kcal • 18g carbs • 1g fibre 2g protein • 0 F&V
Snack	20g plain almonds 122 kcal • 1.5g carbs • 1.5g fibre 4g protein • 0 F&V	50g Spicy roasted chickpeas ● 79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0.5 F&V	10g plain walnuts 69 kcal • 0g carbs • 0g fibre 1g protein • 0 F&V	125g plain Greek yogurt with a 140g orange and 10g pumpkin seeds 261 kcal • 16g carbs • 3g fibre 10g protein • 1 F&V
Milk	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml whole milk 142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V
Totals	1528.9 kcal • 128.8g carbs • 34.4g fibre 82.3g protein • 11 F&V	1484 kcal • 218.8g carbs • 42.4g fibre 64.5g protein • 9 F&V	1552.5 kcal • 201.8g carbs • 35.3g fibre 70.8g protein • 10.5 F&V	1527.5 kcal • 170g carbs • 32.9g fibre 68.7g protein • 11 F&V

*Choose a vegetarian parmesan-style alternative

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	FRIDAY	SATURDAY	SUNDAY
Breakfast	2 poached eggs on 2 slices of medium cut granary toast, spread with 10g vegetable-oil-based spread 368 kcal • 30g carbs • 4g fibre 22g protein • 0 F&V	30g no added sugar muesli with 200ml whole milk and 80g blueberries 267 kcal • 39g carbs • 4g fibre 10g protein • 1 F&V	Banana porridge made with 27g uncooked oats, 200ml semi-skimmed milk, and 85g sliced banana 263.9 kcal • 46.2g carbs • 3.2g fibre 12g protein • 1 F&V
Snack	10g plain walnuts and 80g strawberries 93 kcal • 5g carbs • 3g fibre 1g protein • 1 F&V	131g apple and 50g <u>Spicy roasted chickpeas</u> ● 135 kcal • 21.1g carbs • 3.9g fibre 4.9g protein • 1.5 F&V	140g orange 38 kcal • 8g carbs • 2g fibre 1g protein • 1 F&V
Lunch	<u>Roast butternut squash and red lentil soup</u> ● 272 kcal • 35.5g carbs • 7.6g fibre 10.1g protein • 3 F&V	<u>Cauliflower and leek soup</u> ● 154 kcal • 18.1g carbs • 7.7g fibre 9.1g protein • 3 F&V	A 60g wholemeal pitta, egg mayonnaise - 2 x 60g boiled eggs and 1tbsp of light mayo, with 80g tomato and 80g cucumber 370 kcal • 31g carbs • 5g fibre 24g protein • 2 F&V
Snack	50g cottage cheese on 1 crispbread with 80g cherry tomatoes 101 kcal • 12g carbs • 3g fibre 7g protein • 1 F&V	125g plain Greek yogurt and a 140g orange 204 kcal • 14g carbs • 2g fibre 8g protein • 1 F&V	125g low fat Greek yogurt 96 kcal • 8g carbs • 0g fibre 9g protein • 0 F&V
Dinner	<u>Portobello mushroom burgers and 80g baked sweet potato</u> ● 398 kcal • 55.3g carbs • 12.6g fibre 16.3g protein • 4 F&V	<u>Butternut squash and borlotti bean stew with 85g cooked quinoa</u> ● 345 kcal • 47g carbs 25.3g fibre • 17.4g protein • 5 F&V	<u>Vegetable and chickpea tagine and 110g cooked couscous</u> ● 371 kcal • 57.7g carbs • 12g fibre 14.5g protein • 3 F&V
Pudding	125g plain low fat Greek-style yogurt and 80g raspberries 116 kcal • 12g carbs • 3g fibre 10g protein • 1 F&V	<u>Apple strudel</u> ● 118 kcal • 23.8g carbs • 1.8g fibre 2.3g protein • 1 F&V	104g pear and 20g plain walnuts 182 kcal • 12g carbs • 3.5g fibre 3g protein • 1 F&V
Snack	50g <u>Spicy roasted chickpeas</u> ● 79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0.5 F&V	30g almonds 184 kcal • 2g carbs • 2g fibre 6g protein • 0 F&V	3 squares of dark chocolate and 40g raspberries 92 kcal • 12g carbs • 2.5g fibre 2g protein • 0.5 F&V
Milk	225ml whole milk 142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&V	225ml whole milk 142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V
Totals	1569 kcal • 168.2g carbs • 36.1g fibre 77.8g protein • 10.5 F&V	1549 kcal • 175.3g carbs • 46.7g fibre 65.2g protein • 12.5 F&V	1516.4 kcal • 185.6g carbs • 28.2g fibre 73.5g protein • 8.5 F&V

SHOPPING LIST

