

WOMEN'S 1200KCAL VEGETARIAN PLANNER

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Breakfast	<u>Bircher muesli</u> ● 275 kcal • 39.6g carbs • 4.8g fibre 9g protein • 1 Fruit & Veg (F&V)	<u>Very berry porridge</u> ● 348 kcal • 46.7g carbs • 7.9g fibre 12.8g protein • 1 F&V	<u>Bircher muesli</u> ● 275 kcal • 39.6g carbs • 4.8g fibre 9g protein • 1 F&V	125g Greek yogurt 166 kcal • 6g carbs • 0g fibre 7g protein • 0 F&V
Snack	1 small 104g pear 45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&V	2 x 80g clementines 44 kcal • 10g carbs • 2g fibre 2g protein • 1 F&V	1 small 131g apple 56 kcal • 13g carbs • 1g fibre 1g protein • 1 F&V	1 small 104g pear 45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&V
Lunch	<u>Cauliflower and leek soup</u> ● 154 kcal • 18.1g carbs • 7.7g fibre 9.1g protein • 3 F&V	<u>Chilli bean soup with avocado salsa</u> ● 181 kcal • 19.3g carbs • 9.5g fibre 7.6g protein • 2 F&V	<u>Kale and green lentil soup</u> ● 154 kcal • 18.7g carbs • 8.4g fibre 8.4g protein • 3 F&V	2 slices medium cut wholemeal bread with 25g grated cheddar, 10g vegetable-oil-based spread, 40g tomato and 80g cucumber 331 kcal • 33g carbs • 6g fibre 13g protein • 2 F&V
Snack	40g carrot sticks and 30g houmous 105.6 kcal • 6.2g carbs • 2.6g fibre 2g protein • 0.5 F&V	1 small 131g apple 56 kcal • 13g carbs • 1g fibre 1g protein • 1 F&V	30g plain almonds 184 kcal • 2g carbs • 2g fibre 7g protein • 0 F&V	30g plain almonds 185 kcal • 2g carbs • 2g fibre 7g protein • 0 F&V
Dinner	Slow cooked bean chilli served with 30g mini wholemeal pitta bread ● 396 kcal • 51.1g carbs • 15.2g fibre 28.6g protein • 4 F&V	<u>Hearty spanish omelette</u> ● 387 kcal • 46.3g carbs • 6.6g fibre 19.4g protein • 1 F&V	<u>Slow cooked bean chilli</u> ● 323 kcal • 37.1g carbs • 13.2g fibre 25.6g protein • 4 F&V	<u>Butternut squash and borlotti bean stew</u> ● 242 kcal • 31g carbs • 22.3g fibre 13.4g protein • 5 F&V
Pudding	125g low fat Greek yogurt 96 kcal • 8g carbs • 0g fibre 9g protein • 0 F&V	<u>Cherry and chocolate pot</u> ● 115 kcal • 17.6g carbs • 1.3g fibre 5.3g protein • 0 F&V	125g natural yogurt 99 kcal • 10g carbs • 0g fibre 7g protein • 0 F&V	2 x 80g clementines 44 kcal • 10g carbs • 2g fibre 2g protein • 1 F&V
Snack	85g medium banana 69 kcal • 17g carbs • 1g fibre 1g protein • 1 F&V	1 medium 140g orange 38 kcal • 8g carbs • 2g fibre 1g protein • 1 F&V	1 small 104g pear 45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&V	125g Greek yogurt 166 kcal • 6g carbs • 0g fibre 7g protein • 0 F&V
Milk	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	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	1244.1kcal • 161.7g carbs • 34.3g fibre 66.7g protein • 10.5 F&V	1272.5 kcal • 171.6g carbs • 30.3g fibre 57.1g protein • 7 F&V	1240.5 kcal • 142.1g carbs • 32.4g fibre 66g protein • 10 F&V	1282.5 kcal • 110.7g carbs • 36.3g fibre 57.4g protein • 9 F&V

