



NUTRITION BY BRITT

VEGETARIAN 7 DAY MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Granola with 1/2 cup Greek yoghurt and 1/2 small banana	Sautéed spinach, mushroom and onion with 2 poached eggs	Brekky smoothie 1: 1 small banana, 1/2 orange, 200mL coconut water, 1/2 scoop plain pea protein powder	Veggie frittata with grated zucchini and carrot, spinach and cherry tomatoes	Brekky smoothie 2: 1/2 cup blueberries, 1/2 cup ice, 200mL almond milk, 1 small banana, 1 tbsp. cacao nibs	Fresh tomatoes, spinach and basil with olive oil, lemon juice and salt and pepper on 2 slices toasted sourdough	Sautéed kale and mushrooms, with sardines, feta and pine nuts
Lunch	Quinoa salad with rocket, tomatoes, roast pumpkin, mustard dressing and 2 soft boiled eggs	Grilled cheese and tomato whole grain sandwich, served with small green salad	Wholegrain wrap with fried haloumi, 1 tin salmon in olive oil, rocket and cucumber	Quinoa salad with rocket, tomatoes, roast capsicum, tahini dressing and 2 soft boiled eggs	<i>Zucchini and corn fritters</i> with small green salad (recipe from Nutrilly Nutrition)	<i>Nourishing nachos</i> with avocado, pita crisps, and red kidney beans (recipe from I Quit Sugar)	Leftover homemade flatbread veggie pizzas
Dinner	<i>Veggie burgers</i> with grilled paprika spiced sweet potato fries (recipe from Nutrilly Nutrition)	Roast pumpkin salad with rocket, tomatoes, pine nuts, cucumber, feta and chickpeas	Zucchini noodles with "vegetarian bolognese sauce" (tomatoes, grated carrot, mushrooms, garlic)	Layered veggie bake: sweet potato, zucchini, pumpkin, carrot, mushroom with cheese sauce	Stir fried broccoli, asparagus and zucchini, with soy, honey and garlic dressing with cauliflower 'rice'	<i>Homemade flatbread veggie pizzas</i> (recipe from Nutrilly Nutrition)	Grilled salmon with steamed broccolini, asparagus and mashed sweet potato
Snacks	2 dates with almond butter	1 cup natural popcorn, 1 apple	1 rice cake with 1/4 avocado	1 pear, 5 brazil nuts	2 carrots with homemade hummus	Fresh apple, carrot and watermelon juice	2 pieces dark chocolate, 1 banana
Drinks	2-3 litres filtered water 1 black coffee with little milk or black tea Green tea or herbal tea (peppermint, ginger, liquorice, chamomile, lemon, dandelion etc)						