

Vegetarian Healthy Eating plan for Men (On average 1800 kcal per day) approximate Kcal guide in brackets or use your hand as a method of portion control.

Carbohydrate portions: no bigger than the size of your fist

Protein portions: should fit in your cupped palm

Fat portions: Cheese and nuts should be the size of your thumb

Vegetable portions: should be the size of your hand with your fingers spread wide

Day	Breakfast	Snack	Lunch	Snack	Dinner
Monday	60g Porridge, 300ml skimmed milk (330) cinnamon, 1 tablespoon of raisins (82)		Baked potato (250) 100g cottage cheese (100) salad (30)		Mixed bean tomato and vegetable hot pot (400) with wholemeal pitta bread (174)
Tuesday	3 slices wholemeal toast (270) with honey (86)		Baked potato (250) 60g hummus (110) 100g sweetcorn (150) salad (30)		200g Tofu (230) and vegetable (100) stir fry with noodles (150)
Wednesday	60g muesli (220) 200ml skimmed milk (70) and a banana (90) and a low fat yoghurt (100)		2 boiled eggs (154) and salad (30) in a wholemeal bread sandwich (180)		2 bean burgers (386) sweet potato wedges (260) and vegetables (60)
Thursday	60g Porridge with 300ml skimmed milk (330) and honey (86)		Wholewheat pasta (350) (100g uncooked) salad with 100g kidney beans (100) and vegetables (60)		200g Tofu (230) and vegetable (100) fajita wholemeal wrap (180)
Friday	3 slices wholemeal toast (270) with 1/2 tablespoon of peanut butter (120) and a low fat yoghurt (100)		2 wholewheat pitta breads (348) 100g cottage cheese (100) salad (30) and a low fat yoghurt (100)		100g (uncooked weight) of Brown rice (111) bean (100) and vegetable stir fry (100)
Saturday	3 scrambled eggs (154) on two slices of whole meal toast (180)		Wholemeal bagel (241) 100g low fat soft cheese (100) salad (30)		2 bean burgers (386) sweet potato wedges (260) and vegetables (60)
Sunday	60g Porridge, 300ml skimmed milk (330) cinnamon, 1 tablespoon of raisins (82)		200g Tofu (230) and vegetable (100) fajita wholemeal wrap (180)		Mixed bean tomato and vegetable hot pot (450)

Fruit options; Add a piece of fruit to your lunch and/or dinner options to act as pudding.

Snack options; These should be high in protein and low in carbohydrates where possible.

- 2 Boiled eggs (154)
- 30g raw nuts and raisins (250)
- Low fat Greek yoghurt with fruit (150)
- Vegetable crudité and 4 tablespoons of humous (160)
- 100g Low fat cottage cheese with vegetable crudité (160)
- Protein shake (100-150)