

## VEGETARIAN MEAL IDEAS

### BREAKFAST IDEAS

- 2 poached eggs on bed of spinach served with small rye toast
- 2 scrambled eggs with onion and green pepper
- Scrambled tofu with mushrooms, tomatoes and spinach
- Porridge – 90g oats with almond milk, 200g raspberries and 1 tbsp flaxseeds
- Soya yoghurt with blueberries and mixed seeds
- Smoothie: mixed frozen berries, yoghurt & almond milk

### LUNCH IDEAS

- Small wholemeal pitta with hummus, avocado and salad
- Mushroom omelette with green leafy salad & 2 oatcakes
- Mushrooms, spinach and poached egg
- Toasted rye open sandwich (1 slice) with hummus, big salad and seeds
- Homemade veggie burger (no bun) and salad
- Tomato, mozzarella, avocado and pesto in a wholemeal wrap
- Vegetarian sausage served with cauliflower mash, green beans and roasted tomatoes

### DINNER IDEAS

- Vegetarian Bolognese. Serve with courgette 'pasta' (courgettes shaved into ribbon and placed under the Bolognese - no need to cook)
- Chickpea and spinach curry
- Half a small jacket sweet potato (50g) with cottage cheese, spring onions and chives. Serve with green salad & tomatoes
- Stir fried mixed veg with toasted cashew nuts and sesame seeds, soy sauce and served with wholegrain rice
- Lentil dahl with sunflower seeds (serves 2). Fry 2 chopped onions and add 3 crushed garlic cloves, 1 teaspoon ground cumin, 2 teaspoons ground coriander, 1teaspoon turmeric, 350g red lentils, 1.2 litres Marigold stock / reduced salt stock powder and bring to the boil. Cover and simmer for 20 minutes. Stir in 125g sunflower seeds and a handful of chopped fresh parsley. Serve with 65g quinoa and spinach.
- Grilled halloumi salad. With red onion, red pepper, rocket, tomatoes, fresh coriander with lime juice & olive oil dressing. Serve with 2 oatcakes

- Courgettes in chickpea sauce. Fry courgette slices until browned. Blend 100g chickpeas with garlic, 1 tbsp lemon juice, 1/4 tsp Tabasco, ground cumin and 2 tbsp yoghurt. Mix sauce with courgettes and sizzle for couple of minutes. Top with tomatoes, coriander or parsley & toasted seeds

## SNACKS

- 2 oatcakes with nut butter
- 2 oatcakes with cream cheese
- Small bowl of plain yoghurt with 12 cherries
- 2 squares of dark chocolate and 2 Brazil nuts
- 4 cherry tomatoes and 4 cubes of cheddar cheese
- Half avocado filled with pumpkin seeds
- Cream cheese on thin slice wholegrain / wholewheat / rye toast