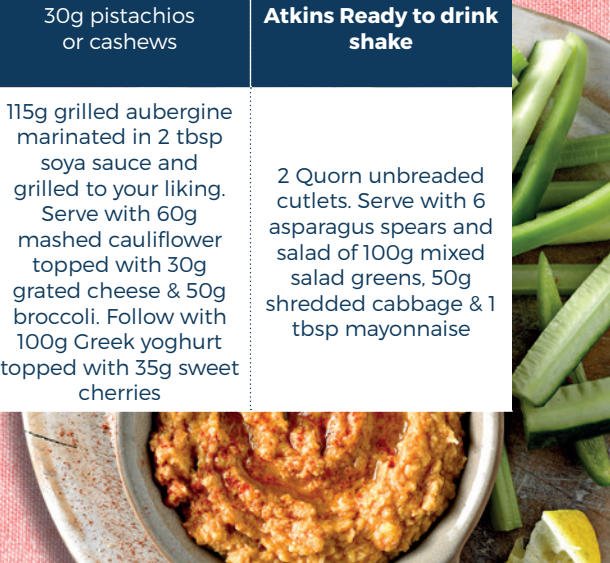




# Vegetarian meal plan

average carbs per day - 25g

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast</i>	115g full fat Greek yoghurt with 30g fresh raspberries	Omelette made with 2 eggs, ½ sliced avocado & 30g cheese	Combine 200ml unsweetened almond milk with 2 tbsp almond butter & icecubes	Smoothie made with 200ml unsweetened soya milk, 90 tofu and 100g frozen strawberries. Blend well.	2 eggs scrambled with 80g sautéed spinach, ½ small chopped onion and 30g cheese	115g cottage cheese with 30g almonds & 30g blueberries	115g Greek yoghurt, stir in 1 tbsp almond butter and top with 30g blueberries
<i>Snack</i>	30g cubed cheese	<b>Atkins Chocolate Ready to Drink shake</b>	1 hard boiled egg	30g cubed cheese and 30g walnuts	½ avocado mashed into guacamole and use 1 celery stick to dip	1 hard boiled egg	10 olives
<i>Lunch</i>	Salad made with 1 tomato, 1 sliced spring onion, 50g cucumber, 50g rocket leaves and ½ avocado. Top with 100g grilled halloumi. Drizzle with 1 tbsp olive oil	<b>Cream of Cauliflower soup (see recipe)</b>	2 vegetarian burgers topped with 2 slices cheese. Serve with 200g mixed salad leaves, 10 black olives and drizzle with olive oil	100g grilled tofu with 2 tbsp hummus. Serve with 50g romaine, 50g sliced red pepper, 1 spring onion drizzled with 1 tbsp olive oil	85g tempeh sautéed with 8 button mushrooms, ½ chopped onion & 100g spinach. Drizzle with soya sauce	1 vegetarian burger topped with ½ sliced avocado, 1 small sliced tomato & serve with large mixed salad drizzled with olive oil	Salad made with 5 cherry tomatoes, 45g chickpeas, 50g feta cheese, 1 tbsp fresh basil. Drizzle with extra virgin olive oil
<i>Snack</i>	10 green or black olives	50g honeydew melon & 50g full fat Greek yoghurt	100g Greek yoghurt topped with 60g hazelnuts	2 celery sticks filled with 1 tbsp sugar free peanut butter	40g edamame (soya beans)	30g pistachios or cashews	<b>Atkins Ready to drink shake</b>
<i>Dinner</i>	Stir-fry with tofu (see recipe) Follow with 115g natural whole milk yoghurt, stir in 1 tbsp ground flaxseeds	100g tofu hot dog with 60g cauliflower, steamed then mashed with 40g grated cheese. Serve with mixed greens, sliced cucumber salad drizzled with 1 tbsp olive oil	175g Quorn chicken breast, grilled. Serve with 6 asparagus spears, 85g steamed pak choi and 50g cooked lentils	2 hard boiled eggs with 100g mixed salad, 1 tomato, 60g feta cheese, 5 black olives and olive oil. Follow with Atkins ready to drink shake	<b>Broccoli Egg Foo Yung (see recipe)</b>	115g grilled aubergine marinated in 2 tbsp soya sauce and grilled to your liking. Serve with 60g mashed cauliflower topped with 30g grated cheese & 50g broccoli. Follow with 100g Greek yoghurt topped with 35g sweet cherries	2 Quorn unbreaded cutlets. Serve with 6 asparagus spears and salad of 100g mixed salad greens, 50g shredded cabbage & 1 tbsp mayonnaise





# Recipes



## Tofu Stir-fry

serves 1

**100g hard tofu**  
**½ red pepper**  
**5 mushrooms**  
**½ small onion**  
**2 tbsp soya sauce**  
**50g beansprouts**

Cube 100g tofu (hard), sliced ½ red pepper and 5 mushrooms and ½ small onion. Stir-fry for a few minutes then add 2 tbsp soya sauce & 50g beansprouts.

## Cream of Cauliflower Soup

serves 4

**3 tablespoons butter**  
**1 onion**  
**4 stalks celery**  
**1 litre vegetable stock**  
**600 gram cauliflower**  
**120ml creme fraiche**  
**Salt and pepper to taste**

Melt 3 tbsp butter over low heat and sauté 1 chopped onion and 2 chopped celery stalks until softened. Add 800ml vegetable stock and 600g cauliflower, chopped and simmer until cauliflower is tender.

Transfer into a blender, in batches, and add ¼ tsp xanthan gum (if preferred) and puree the ingredients. Pour the mixture into the pan, stir in 100ml single cream and add salt & pepper to taste.



## Broccoli Egg Foo Yung

serves 2

**3 tbsp oil**  
**1 chopped onion**  
**400g chopped cabbage**  
**5 eggs**  
**1 tbsp soya sauce**  
**2 tbsp sesame oil**  
**1 tsp Chinese 5 spice**  
**1 tsp garlic powder**  
**200g beansprouts**  
**100g broccoli**

Add 2 tbsp oil to a wok or frying pan and cook 1 chopped onion & 400g chopped cabbage, until tender. Whisk 5 eggs in a bowl and mix in 1 tbsp soya sauce, 2 tbsp sesame oil, 1 tsp Chinese five spice & 1 tsp garlic powder.

Add in onion & cabbage, then add 200g beansprouts & 100g chopped broccoli. Add 1 tbsp oil. Cook for 3 minutes then flip over and cook another 3 minutes.







# Ingredients

## Shopping List

### Monday

Raspberries  
Tomato  
Cucumber  
Rocket  
Avocado  
Halloumi  
Tofu  
Beansprouts

### Wednesday

Unsweetened almond milk  
Almond butter  
Vegetarian burgers  
Black olives  
Hazelnuts  
Quorn chicken breast  
Asparagus  
Pak Choi  
Lentils

### Friday

Spinach  
Celery  
Tempeh  
Butter mushrooms  
Edamame (soya beans)  
Beansprouts

### Sunday

Almond butter  
Blueberries  
Chickpeas  
Feta Cheese  
Atkins shake

### Tuesday

Celery  
Vegetable broth  
Xanthan gum  
Double cream  
Honeydew Melon  
Tofu hot dogs

### Thursday

Tofu  
Strawberries  
Unsweetened soya milk  
Walnuts  
Hummus  
Peanut butter  
Feta  
Atkins shake

### Saturday

Cottage cheese  
Almonds  
Blueberries  
Vegetarian burger  
Pistachios  
Aubergine  
Sweet Cherries

Quorn unbreaded cutlets  
Asparagus  
Cabbage  
Melon

## Handy to have around the house

Mixed salad leaves  
Atkins snacks (specify)  
Butter  
Parsley & other herbs  
Selection of foundation vegetables  
Cheese  
Garlic  
Chilli Peppers  
Ground flaxseeds  
Splenda  
Cinnamon & other spices  
Mustard  
Olive oil  
Soya sauce  
olives  
Onion, peppers, mushrooms and a variety of vegetables  
Avocado  
Greek yoghurt  
Full fat mayonnaise

## Notes