

VEGETARIAN MENU PLAN

MONDAY

BREAKFAST	LUNCH	DINNER
<p>Baked Apple Split open baked apple and top with 1 cup Low fat cottage cheese, 1/2 cup Kashi Go Lean cereal and 1 tbsp chopped nuts.</p> <p>Mid-Morning Snack Sliced peaches and 1 string cheese</p>	<p>Tofu "Egg Salad" Sandwich Mix tofu with mayo and dijon mustard, red peppers, green onions & chopped celery and serve open-face on slice of whole grain bread. Serve with cup of vegetable soup.</p> <p>Afternoon Snack 3 Layer Dip w/ veggie "crackers". See recipe.</p>	<p>Caprese Salad & Minestrone Soup See recipe for Minestrone. Caprese Salad: mozzarella cheese slices, fresh basil and sliced tomatoes and red onions with a little balsamic vinegar drizzled over.</p>

TUESDAY

BREAKFAST	LUNCH	DINNER
<p>Veggie Scramble Saute spinach, onions, mushrooms & red peppers in a non-stick pan with a olive oil. Scramble in 2eggs & some Italian herbs. 1 slice whole grain toast with a small amount of whipped butter.</p> <p>Mid-Morning Snack Apple slices with 1 tbsp almond or peanut butter</p>	<p>Garbanzo Bean Salad Salad of 1/3 cup garbanzo beans, 1 tbsp chopped nuts, 4 oz. shredded cheese and viniagrette.</p> <p>Afternoon Snack Yogurt Parfait Layer plain yogurt mixed with vanilla and cinnamon with 1/2 cup berries, 1/4 cup Kasji Go Lean cereal, 1 tbsp chopped nuts</p>	<p>Asian Stir Fry & Brown Rice See recipes. Serve with a cabbage, cucumber, water chestnut and carrot salad with rice wine vinegar & sessame oil dressing.</p>

WEDNESDAY

BREAKFAST	LUNCH	DINNER
<p>Berry Oatmeal To 1 cup real oatmeal cooked add 1 tsp cinnamon, 1/2 cup berries, 1 tbsp chopped nuts and 1-2 tbsp of PaleoMeal or Whey Protein Powder.</p> <p>Mid-Morning Snack Orange and cheese slices</p>	<p>Black Bean Tortilla Roll-Up Roll-up black beans and shredded cheese with fresh salsa in a low-carb tortilla. Serve with raw veggie crudites.</p> <p>Afternoon Snack PaleoBar</p>	<p>Fillet of Tofu Greek Chopped Salad See recipes.</p>

THURSDAY

BREAKFAST	LUNCH	DINNER
<p>Baked Apple Split open baked apple and top with 1 cup low-fat cottage cheese and 1/2 cup Kashi Go Lean cereal and 1 tbsp chopped nuts.</p> <p>Mid-Morning Snack Orange & 2 oz. French yogurt cheese slices</p>	<p>Veggie Burger Top 1/2 whole wheat English muffin with veggie burger, 1 slice tomato, 1 slice chesse. Serve with crudites.</p> <p>Afternoon Snack Tortilla Roll-up with 1/4 cup chopped apple w/ cinnamon & 1 tbsp almond or peanut butter</p>	<p>Ricotta Rolls Blend ricotta cheese with 1 egg , basil and oregano. Lightly saute eggplant or zucchini until softened, roll-up with ricotta mixture, cover with marinara sauce and top with shredded low fat mozzarella cheese and bake. Serve with green salad.</p>

FRIDAY

BREAKFAST	LUNCH	DINNER
<p>Tofu Mexican Scramble Scramble tofu with onions, peppers, garlic, 2 eggs. Top with 2 slices avocado and fresh salsa.</p> <p>Mid-Morning Snack 1 cup Cantalope cubes and 10 nuts</p>	<p>Cottage Cheese & Kashi Mix cottage cheese with 1/2 cup berries and 1/2 cup Kashi Go Lean cereal, top with 1 tbsp chopped nuts.</p> <p>Afternoon Snack Veggie slices and hummus</p>	<p>Lemon-Broiled Tempeh See recipe. Serve with a cabbage & carrot slaw with rice wine vinegar for dressing.</p>

VEGETARIAN MENU PLAN

SATURDAY

BREAKFAST	LUNCH	DINNER
Tortilla Roll-up <i>Mix 1/4 cup ricotta cheese, cinnamon and blueberries and roll-up in low carb tortilla. Serve with Melon slices</i>	Lentil Soup <i>Top with shredded cheese. Serve with a mixed green salad and viniagrette.</i>	Portobello Pizzas <i>See recipe. Serve with a green salad with balsamic viniagrette.</i>
Afternoon Snack Apple slices with 1 tbsp almond or peanut butter	Afternoon Snack Spinach Tofu Dip & raw veggies. See recipe.	

SUNDAY

BREAKFAST	LUNCH	DINNER
Eggs Florentine <i>2 poached eggs atop sauteed spinach with 2 oz. feta cheese. Serve with melon chunks.</i>	Chile <i>Buy your favorite vegetarian chile and top with 2oz. shredded cheese. Serve with fresh green salad with 2 slices avocado and some fresh cilantro.</i>	Roasted Vegetable Paella Tomato-Basil Slaw <i>See recipes. Serve with Tomato-Basil Slaw. Cut up 1 bunch basil, slice 3 tomatoes (use different types & colors) 1 red onion & 1 minced jalapeno. Dress with balsamic viniagrette & olive oil..</i>
Mid-Morning Snack Apple and 2 oz. French yogurt cheese slices	Afternoon Snack 10 almonds	

FOOD TRICKS

- Cinnamon is a great natural sweetener that helps balance blood sugar.
- Freeze fruit chunks for a sweet treat.
- Steam & saute your veggies with low-sodium broths for extra flavor, try using it in place of water when making grains.

VEGETARIAN RECIPES

3 Layer Dip with Veggie “Crackers”

1/4 cup pureed black beans and green chiles
 1/4 cup low-fat sour cream
 Fresh salsa
 Jicama slices, radishes and peppers

Spread the pureed bean/chile mixture on a plate, top with the sour cream. Top with the salsa and serve with Veggie “Crackers”, jicama slices, radishes and peppers.

Roasted Veggies

Mist the veggies with olive oil mist and sprinkle with Italian herbs., Toss to coat. Roast at 350 degrees for 20 minutes, your total cooking time will vary depending on the thickness off veggie slices/pieces. Turn once during cooking.

Asian Stir Fry with Tofu and Brown Almond Rice

In a non-stick pan with a little olive oil, 1 clove of minced garlic and 1 tsp of grated fresh ginger, saute your veggies (a little steamed broccoli, mushrooms, cabbage, red peppers, carrots) until done to your liking. Add bean sprouts and tofu at the end and stir fry until heated through. Add low-sodium soy sauce and lemon juice to taste. Cook your rice with 1 tbsp slivered almonds and use 1/4 cup low-sodium soy sauce and vegetable broth to make up the liquid.

Portobello Pizzas

med red onion, 1/2” slices
 2 large portobello mushroom caps
 1/2 cup marinara sauce
 2 oz. low-fat mozzarella cheese
 1 oz. grated parmesan cheese

In a non-stick pan misted with olive oil saute onion slices, turning until golden , about 2 min. each side. Transfer to plate and sprinkle with black pepper. Mist pan again with olive oil and saute mushrooms, turning until golden, about 2 min. each side. Transfer to a baking sheet, stem side up. Top with marinara sauce and onions. Sprinkle with the cheeses and bake at 350 degrees for 7-8 minutes, or until cheese is melted.

VEGETARIAN RECIPES

Minestrone Soup

2 qt. vegetable broth
1 clove minced garlic
2 cups cooked kidney beans
1 cup whole wheat pasta
(broken in bits)
2 carrots, peeled & chopped
2 tomatoes, peeled, seeded & chopped
1 cup fresh spinach or chard, finely chopped

Bring broth to a boil, add garlic, beans, pasta, carrots, tomatoes and spinach or chard and simmer about 10 minutes. Season with black pepper to taste. Garnish with grated parmesan cheese.

Roasted Vegetable Paella

2 cups basmati rice
1 med onion, minced
1 clove garlic, minced
2 tsp fresh ginger, minced
1 tsp turmeric
3 cups vegetable broth
2 cups mixed roasted veggies
1/2" dice (zucchini, eggplant,
red bell pepper, red onion, fennel)
1/2 cup canellini beans

Roast the mixed vegetables in the oven in a olive oil misted roast pan with a sprinkle of pepper. Dice, set aside. Saute rice, onion, garlic & ginger in a little olive oil for 4-5 minutes. Season with pepper to taste. Add turmeric and stir for 2 more minutes. Add stock, vegetables and canellini beans, cover and bake for 1 hour at 350 degrees, or until rice has fully absorbed liquid. Fluff with a fork and serve. Top each serving with 1 tbsp lightly toasted almonds.

Greek Chopped Salad

1 sml head romaine, cut 1/2" pcs
1/2 red bell pepper, cut 1/2" pcs
1/2 yellow bell pepper, cut 1/2" pcs
1/2 red onion, cut 1/2" pcs
1 cucumber, peeled & cut 1/2" pcs
1/3 cup crumbled feta cheese
1/4 cup Kalamata, or other black olives,
pitted & chopped course
1 tbsp olive oil
1-1/2 tbsp red-wine vinegar

In a large bowl combine romaine, bell peppers, onion, cucumber, feta and olives. Drizzle with olive oil & vinegar. Toss to combine. Serve with 1 pc. whole wheat pita

Spinach Tofu Dip

1 med onion, coarsley chopped
1 clove garlic
1 10 oz. pkg frozen chopped spinach,
thawed, drained & squeezed dry
1/2 tsp cayenne papper
1/4 lb. silken tofu
2 tbsp lemon juice
1 tbsp low-sodium soy sauce

Combine all ingredients in blender and process until smooth. Serve with raw veggies.

Fillet of Tofu

1 block firm tofu
2 tbsp sherry vinegar
2 tbsp Worchester sauce
2 dashes Tobasco sauce
1 egg
1/4 cup whole wheat flour

Slice the tofu into 4 equal portions. Place the slices on paper towels and fold the towels over to cover the tofu. Place a pan on top and weigh it down for 1 hour. Combine the vinegar, Worchestershire and Tabasco and place the tofu into the marinade. Marinate for 15 minutes on each side. Remove tofu from marinade and drain on paper towels. Dredge the tofu in the flour, knocking off all excess and slide into egg, thinly coating all sides. Heat a non-stick pan with a little olive oil and gently slide tofu into pan and saute for 2 minutes on each side until golden brown.

Lemon-Broiled Tempeh

1 block tempeh
1 large onion, sliced
2 zucchini, sliced
1 red pepper, chopped
2 lemons & 1 orange, squeezed
2 tbsp tamari
black pepper & red pepper flakes

Cut tempeh into bite-size pieces. Combine all ingredients in glass dish and marinate overnight. Heat oven to 400 degrees. Transfer to baking pan and bake for 30 minutes. Optional - broil last 5 minutes of cooking time. Serve over brown rice.

VEGETARIAN MENU PLAN GROCERY SHOPPING LIST

low-fat sour cream
low fat cottage cheese
string cheese
plain yogurt
grated Parmesan cheese
sliced cheese
whipped butter
mozzarella cheese
low-fat ricotta cheese

eggs
tempeh
tofu - firm & silken
veggie Burgers (frozen)

whole wheat crackers
lo-carb tortillas or
whole wheat tortillas
whole Wheat English muffins
whole grain bread
brown rice
Basmati rice
whole wheat pasta
almonds
Xylitol
PaleoBar
PaleoMeal Whey Protein Powder

salad greens
romaine
onions, red & yellow
green onions
garlic
spinach
tomatoes
celery
cucumbers
carrots
berries
eggplant
zucchini
veggies for crudite, steaming & roasting
apples
oranges
peaches

avocado
jicama
cilantro
radishes
jalapeno chile
red & green bell peppers
sliced mushrooms
Portobello mushrooms
fresh basil
lemons
cantalope
cabbage
fresh ginger
bean sprouts

garbanzo beans
Kalamata or black olives
marinara sauce (no sugar added)
Mayo
Dijon mustard
low-sodium soy sauce
balsamic vinegar
dry mustard
cayenne pepper
Tobasco sauce
turmeric
cinnamon
natural vanilla extract
Kashi Go Lean cereal
almond or peanut butter
vegetable Soup
lentil soup
vegetable broth
chile
oatmeal
hummus
fresh salsa
black beans, canellini beans
rice wine vinegar
Worchestershire sauce
viniagrette dressing
sesame oil
extra Virgin Olive Oil
water chestnuts
kidney beans
frozen chopped spinach