



VERO DIET

vegetarian hero
mealplan
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meal 1

- option 1 | oatmeal or quinoa with banana and nuts
- option 2 | 3-4 egg omelette with spinach and mushrooms
- option 3 | homemade breakfast bar or protein bar
- option 4 | protein pancakes with yogurt and honey
- option 5 | low fat yogurt with fruit and nuts
- option 6 | nut butter wholegrain toast + green smoothie

meal 2

- option 1 | beans with rice or tortilla or whole grain toast
- option 2 | pasta with broccoli and mushrooms
- option 3 | sweet corn, bean and lettuce salad
- option 4 | sweet potato with cottage cheese
- option 5 | carrot and lentil soup with whole grain toast
- option 6 | avocado tomato wrap or wholegrain toast

meal 3

- option 1 | veggie burger with cabbage carrot salad
- option 2 | seitan or tempeh with mixed vegetables
- option 3 | eggplant tomato and feta bake
- option 4 | roasted veggies with mushrooms
- option 5 | two egg lettuce or cucumber walnut salad

snacks

- option 1 | hummus with veggies sticks
- option 2 | baked zucchini sticks and sweet onion dip
- option 3 | protein or breakfast bar
- option 4 | low fat yogurt with almonds and apricots
- option 5 | low fat plain yogurt with cinnamon
- option 6 | sugar-free low fat chocolate milk or shake
- option 7 | two hardboiled eggs with 1/2 tsp light mayo
- option 8 | banana or pear with walnuts
- option 9 | tomato with cottage cheese or mozzarella

oatmeal, beans, rice, pasta, seitan, tempeh and dairy **amounts per meal:**
Level I any amount **Level II** up to 10oz [280g] **Level III** up to 6oz [170g]
snacks: **Level I** 3 snacks **Level II** 2 snacks **Level III** one snack per day max