

# 1800 KCAL VEGETARIAN MEAL PLANNER

All recipes marked ● are available at [diabetes.org.uk/recipes](https://diabetes.org.uk/recipes)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Breakfast</b>	Porridge made with 27g uncooked oats, 250ml whole milk and 104g pear <b>305.4 kcal • 42.7g carbs • 5.2g fibre 10.5g protein • 1 Fruit &amp; Veg (F&amp;V)</b>	30g no added sugar muesli and 200ml semi-skimmed milk and 30g dried apricots <b>258 kcal • 45g carbs • 6g fibre 12g protein • 1 F&amp;V</b>	2 slices of rye bread with half an avocado, 80g tomato and 50g halloumi <b>421 kcal • 30g carbs • 7g fibre 19g protein • 1.5 F&amp;V</b>	2 wheat biscuits with 200ml semi-skimmed milk and a 85g banana <b>287 kcal • 55g carbs • 5g fibre 13g protein • 1 F&amp;V</b>
<b>Snack</b>	30g almonds and 40g blueberries <b>200 kcal • 6g carbs • 3g fibre 6g protein • 0.5 F&amp;V</b>	131g apple and 1tbsp smooth peanut butter <b>147 kcal • 15g carbs • 2g fibre 4g protein • 1 F&amp;V</b>	1 oatcake with 10g smooth peanut butter <b>105.6 kcal • 7.3g carbs • 1.6g fibre 3g protein • 0 F&amp;V</b>	30g dried apricots <b>56 kcal • 13g carbs • 3g fibre 1g protein • 1 F&amp;V</b>
<b>Lunch</b>	Cheese omelette made with 2 eggs, and 20g cheese, paired with 4 cherry tomatoes, 20g rocket leaves, 80g cucumber and 20g walnuts <b>495 kcal • 4g carbs • 2g fibre 25g protein • 2 F&amp;V</b>	Small 95g jacket potato and half a tin of baked beans <b>249 kcal • 50g carbs • 12g fibre 12g protein • 1 F&amp;V</b>	<u>Mulligatawny soup</u> with a 60g wholemeal pitta bread ● <b>281 kcal • 50.5g carbs • 6.3g fibre 11.6g protein • 1 F&amp;V</b>	2 servings of <u>warm lentil and goat's cheese salad</u> with 1tbsp of linseeds ● <b>363 kcal • 21.6g carbs • 11.4g fibre 18.8g protein • 2 F&amp;V</b>
<b>Snack</b>	<u>Healthy hummus</u> with 80g sliced peppers ● <b>71 kcal • 9g carbs • 4.2g fibre 4.5g protein • 1 F&amp;V</b>	Plain Greek-style yogurt and 80g raspberries <b>186 kcal • 10g carbs • 3g fibre 8g protein • 1 F&amp;V</b>	<u>Fruit and nut bar</u> ● <b>124 kcal • 16.3g carbs • 1g fibre 2.8g protein • 0 F&amp;V</b>	30g almonds and 80g blueberries <b>216 kcal • 9g carbs • 3g fibre 1g protein • 1 F&amp;V</b>
<b>Dinner</b>	<u>Roasted cauliflower, paneer and chickpea curry</u> with 80g boiled spinach ● <b>367 kcal • 39.9g carbs • 14.5g fibre 19.3g protein • 5 F&amp;V</b>	<u>Mediterranean pasta salad</u> with 20g mixed salad leaves, 40g sliced peppers and 80g sliced boiled beetroot ● <b>467 kcal • 67.7g carbs • 8.3g fibre 15.4g protein • 2.5 F&amp;V</b>	<u>Bean and mushroom enchiladas</u> with 20g rocket leaves ● <b>504 kcal • 61.3g carbs • 15g fibre 29.3g protein • 5 F&amp;V</b>	<u>Aubergine and courgette parmesan bake</u> with 110g cooked couscous and 80g of broccoli ● <b>400 kcal • 45.1g carbs • 12.3g fibre 23.9g protein • 6 F&amp;V</b>
<b>Pudding</b>	125g plain Greek-style yogurt with 80g raspberries <b>186 kcal • 10g carbs • 3g fibre 8g protein • 1 F&amp;V</b>	<u>Rhubarb and ginger sponge</u> with a scoop of vanilla ice cream ● <b>225 kcal • 22.8g carbs • 3.3g fibre 7.2g protein • 0 F&amp;V</b>	80g cantaloupe melon and 125g Greek yogurt <b>188 kcal • 11g carbs • 1g fibre 7g protein • 1 F&amp;V</b>	1 slice malt loaf with 5g vegetable-oil-based spread <b>119 kcal • 18g carbs • 1g fibre 2g protein • 0 F&amp;V</b>
<b>Snack</b>	50g <u>Spicy roasted chickpeas</u> ● <b>79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0.5 F&amp;V</b>	20g walnuts <b>138 kcal • 0g carbs • 0g fibre 2g protein • 0 F&amp;V</b>	10g plain walnuts <b>69 kcal • 0g carbs • 0g fibre 1g protein • 0 F&amp;V</b>	125g plain Greek yogurt with a 140g orange <b>204 kcal • 14g carbs • 2g fibre 8g protein • 1 F&amp;V</b>
<b>Milk</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&amp;V</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&amp;V</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&amp;V</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&amp;V</b>
<b>Totals</b>	<b>1806.9 kcal • 130.4g carbs • 34.8g fibre 85.2g protein • 11 F&amp;V</b>	<b>1812 kcal • 220.8g carbs • 34.6g fibre 68.1g protein • 6.5 F&amp;V</b>	<b>1796 kcal • 187.1g carbs • 31.9g fibre 81.7g protein • 8.5 F&amp;V</b>	<b>1787 kcal • 186g carbs • 37.7g fibre 75.2g protein • 12 F&amp;V</b>

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	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	2 poached eggs on 2 slices of medium cut granary toast, spread with 10g vegetable-oil-based spread <b>368 kcal • 30g carbs • 4g fibre</b> <b>22g protein • 0 F&amp;V</b>	30g no added sugar muesli with 200ml semi-skimmed milk and 80g blueberries <b>234 kcal • 39g carbs • 4g fibre</b> <b>12g protein • 1 F&amp;V</b>	Banana porridge made with 27g uncooked oats, 250ml whole milk, and a 85g medium sliced banana <b>329.4 kcal • 48.7g carbs • 3.2g fibre</b> <b>11.5g protein • 1 F&amp;V</b>
<b>Snack</b>	10g plain walnuts and 85g banana <b>138 kcal • 17g carbs • 1g fibre</b> <b>2g protein • 1 F&amp;V</b>	131g apple and 50g <u>Spicy roasted chickpeas</u> ● <b>135 kcal • 21.1g carbs • 3.9g fibre</b> <b>4.9g protein • 1.5 F&amp;V</b>	1 slice malt loaf and an 140g orange <b>130 kcal • 26g carbs • 3g fibre</b> <b>3g protein • 1 F&amp;V</b>
<b>Lunch</b>	<u>Roast butternut squash and red lentil soup</u> ● <b>272 kcal • 35.5g carbs • 7.6g fibre</b> <b>10.1g protein • 3 F&amp;V</b>	<u>Goat's cheese and roast vegetable ciabatta sandwich</u> ● <b>415 kcal • 48.2g carbs • 8g fibre</b> <b>16.6g protein • 2 F&amp;V</b>	A 60g wholemeal pitta egg mayonnaise made with 2x 60g boiled eggs and 1tbsp of light mayo, paired with 80g tomato and 80g cucumber <b>370 kcal • 31g carbs • 5g fibre</b> <b>24g protein • 2 F&amp;V</b>
<b>Snack</b>	100g cottage cheese with 1 crispbread and 80g cherry tomatoes <b>152 kcal • 13g carbs • 3g fibre</b> <b>11g protein • 1 F&amp;V</b>	125g plain Greek yogurt, 80g cantaloupe melon and 1tbsp of linseeds <b>243 kcal • 13g carbs • 4g fibre</b> <b>9g protein • 1 F&amp;V</b>	80g cantaloupe melon and 125g Greek yogurt <b>188 kcal • 11g carbs • 1g fibre</b> <b>7g protein • 1 F&amp;V</b>
<b>Dinner</b>	<u>Portobello mushroom burgers</u> and 80g baked sweet potato ● <b>398 kcal • 55.3g carbs • 12.6g fibre</b> <b>16.3g protein • 4 F&amp;V</b>	<u>Vegetable chow mein</u> ● <b>269 kcal • 44.7g carbs</b> <b>7.1g fibre • 10.1g protein • 2 F&amp;V</b>	<u>Vegetable and chickpea tagine</u> with 110g cooked couscous and 80g cooked spinach ● <b>386 kcal • 58.7g carbs • 14g fibre</b> <b>16.5g protein • 4 F&amp;V</b>
<b>Pudding</b>	<u>Warm exotic fruit salad</u> and 125g Greek yogurt ● <b>278 kcal • 30.2g carbs • 3.9g fibre</b> <b>7.9g protein • 2 F&amp;V</b>	<u>Apple strudel</u> and a 40g scoop of vanilla ice cream ● <b>186 kcal • 32.8g carbs • 1.8g fibre</b> <b>3.3g protein • 1 F&amp;V</b>	30g plain walnuts <b>206 kcal • 1g carbs • 1g fibre</b> <b>4g protein • 0 F&amp;V</b>
<b>Snack</b>	3 squares dark chocolate and 80g raspberries <b>102 kcal • 14g carbs • 4g fibre</b> <b>2g protein • 1 F&amp;V</b>	30g walnuts <b>206 kcal • 1g carbs • 1g fibre</b> <b>4g protein • 0 F&amp;V</b>	3 squares of dark chocolate and 40g raspberries <b>92 kcal • 12g carbs • 2.5g fibre</b> <b>2g protein • 0.5 F&amp;V</b>
<b>Milk</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre</b> <b>8g protein • 0 F&amp;V</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre</b> <b>7.5g protein • 0 F&amp;V</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre</b> <b>8g protein • 0 F&amp;V</b>
<b>Totals</b>	<b>1811.5 kcal • 205.7g carbs • 36.1g fibre</b> <b>79.3g protein • 12 F&amp;V</b>	<b>1830 kcal • 210.1g carbs • 29.8g fibre</b> <b>67.4g protein • 8.5 F&amp;V</b>	<b>1804.9 kcal • 199.1g carbs • 29.7g fibre</b> <b>76g protein • 9.5 F&amp;V</b>

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