

Check the
boxes to
track your
progress.

VEGETARIAN MEAL PLAN



DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



☐ **BREAKFAST**

$\frac{3}{4}$ cup quick oats, $\frac{3}{4}$ cup almond milk, $\frac{1}{2}$ cup frozen blueberries.

☐ **LUNCH**

1 cup cooked brown or wild rice with $\frac{1}{8}$ cup cashews, 50 grams of tofu and $\frac{1}{4}$ cup broccoli.

☐ **SNACK**

2 brown rice cakes, plus 1 tbsp natural almond butter.

☐ **DINNER**

$\frac{1}{2}$ cup cooked brown rice pasta, topped with 1 cup tomato sauce and 75 g cooked Yves ground round.

☐ **BREAKFAST**

60 g cereal (look for one that contains at least 3 g of fibre per 30-g serving), an orange, 1 cup of almond milk.

☐ **LUNCH**

A sandwich made with 2 slices high-fibre bread, 5 slices Yves veggie meat slices, lettuce, cucumber and tomatoes.

☐ **SNACK**

Healthy snack bar, like a Larabar or Nakd bar.

☐ **DINNER**

$\frac{1}{2}$ cup cooked barley with $\frac{1}{2}$ a pear, $\frac{1}{2}$ an apple and $\frac{1}{4}$ cup hemp seeds mixed in.

☐ **BREAKFAST**

60 g crunchy cereal, $\frac{3}{4}$ cup low-fat yogurt, a pear.

☐ **LUNCH**

1 cup cooked quinoa with $\frac{3}{4}$ cup chickpeas and 1 cup mixed vegetables.

☐ **SNACK**

2 high-fibre crackers like Ryvita with low-fat, lactose-free cheese, like Essential (which Chernoff co-owns).

☐ **DINNER**

Pistachio and almond couscous. (Healthy tweak: Skip the salt.)

☐ **BREAKFAST**

$\frac{3}{4}$ cup quick oats topped with $\frac{3}{4}$ cup almond milk and $\frac{1}{2}$ cup frozen blueberries.

☐ **LUNCH**

1 cup cooked brown or wild rice with $\frac{1}{8}$ cup cashews, 50 grams of tofu and $\frac{1}{4}$ cup broccoli.

☐ **SNACK**

$\frac{3}{4}$ cup low-fat yogurt and $\frac{1}{2}$ cup chopped mango.

☐ **DINNER**

$\frac{3}{4}$ cup lentils with $\frac{1}{2}$ cup whole wheat pasta, $\frac{1}{4}$ cup of broccoli and $\frac{1}{2}$ cup chopped tomatoes mixed in.

☐ **BREAKFAST**

2 slices high-fibre bread, 1 tbsp natural peanut butter and a banana.

☐ **LUNCH**

Sandwich made with 2 slices high-fibre bread, 5 slices Yves veggie meat slices, lettuce, cucumber and tomatoes.

☐ **SNACK**

Trail mix (make your own with 30 g Multi-Grain Cheerios, $\frac{1}{4}$ cup dried fruit and 9 walnuts).

☐ **DINNER**

Pistachio and almond couscous. (Healthy tweak: Skip the salt.)

