



Sample Vegetarian Meal Plan

Try our free 3 day vegetarian meal plan for WW Blue. Join now to get started on myWW.

	DAY 01	DAY 02	DAY 03
BREAKFAST	Peanut butter & banana berry salad 6 Combine 1 sliced banana and 1 cup stewed raspberries. Spread 1 slice wholemeal toast with 3 tsp natural peanut butter. Serve topped with banana berry salad.	All-Bran, banana & passionfruit 6 Have 40g All-Bran with ½ cup (125ml) skim milk, 1 sliced banana and pulp from 1 passionfruit.	Summer Weet-Bix 6 Have 2 Weet-Bix biscuits with 1 cup (250ml) skim milk, 1 sliced nectarine and ½ cup raspberries.
	Egg & cottage cheese sandwich 7 Spread 2 slices wholemeal bread with ½ cup (80g) low fat Cottage Cheese. Sandwich 1 sliced hard boiled egg, ½ sliced cucumber, 5 halved cherry tomatoes and 1 cup spinach between bread.	Bean burrito 6 Warm 150g kidney beans, rinsed, drained. Top 1 (40g) multigrain tortilla with beans, 5 quartered cherry tomatoes, ½ sliced capsicum, 30g grated extra-light cheese and 1 cup spinach. Wrap tightly and toast in sandwich press for 2 minutes.	Grilled mushrooms, cheese & tomato on toast 5 Grill 2 large field mushrooms with 1 tsp olive oil, add 30g extra-light cheddar cheese and grill to melt. Place on 1 slice wholemeal toast and top with 5 grilled cherry tomatoes and 2 cups wilted spinach.
LUNCH	Roasted vegetable & rice salad 5 Preheat oven to 180°C. Lightly spray 75g beetroot, cut into wedges, 140g pumpkin, cut into wedges, ¼ red onion, cut into wedges, and ¼ capsicum, cut into wedges, with olive oil. Bake on a baking tray for 40 minutes or until tender. Combine ¼ cup 99% fat-free plain yoghurt, ¼ clove crushed garlic and 1 tsp lemon juice in a bowl. Combine roasted vegetables, ½ cup cooked brown rice and 2 cups spinach in a bowl. Serve drizzled with yoghurt dressing. TIP: Roast extra vegetables so you can build meals from them later in the week.	Cauliflower steaks with roasted veg 6 Pan-fry ¼ finely chopped red onion with ½ tsp olive oil until softened. Add 1 clove thinly sliced garlic, ¼ finely chopped chilli and ½ tsp lemon rind and cook until fragrant. Add 2 cups shredded kale and cook until wilted. Add 1 tsp lemon juice, 10g chopped toasted walnuts, ½ tsp olive oil and ½ cup cooked short pasta. Serve topped with 20g low-fat smooth ricotta.	Chilli & basil tofu 8 Combine 2 tsp soy sauce, ½ clove crushed garlic, and 1 tsp chopped chilli in a medium bowl. Add 200g chopped firm tofu and toss to coat. Cook 70g soba noodles following packet instructions. Drain tofu, reserving marinade. Heat wok over high heat. Heat ½ tsp sunflower oil and cook tofu, in batches, for 2-3 minutes each side or until golden. Transfer to a plate. Heat ½ tsp sunflower oil and stir-fry ¼ thinly sliced red onion and ½ thinly sliced carrot for 2 minutes. Add 1 cup chopped zucchini and stir-fry for 3-4 minutes or until vegetables are tender. Add reserved marinade and stir-fry for 1 minute. Add noodles and stir fry until heated through. Top with tofu and 1 tbs fresh basil.
	SmartPoints: 23	SmartPoints: 23	SmartPoints: 23
DINNER	20g mixed nuts 4 Hard boiled egg 0 Steamed broccolini with 2 tsp hoisin sauce 1	Nectarine 0 Vegie sticks with 100g low fat cottage cheese 2 1 cup (250ml) skim milk for tea or coffee 3	2 tbs extra-light cheddar cheese with 2 rye crispbreads 2 10 almonds 2 Stewed nectarine with 99% fat-free yoghurt and a pinch nutmeg 0
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SNACKS	20g mixed nuts 4 Hard boiled egg 0 Steamed broccolini with 2 tsp hoisin sauce 1	Nectarine 0 Vegie sticks with 100g low fat cottage cheese 2 1 cup (250ml) skim milk for tea or coffee 3	2 tbs extra-light cheddar cheese with 2 rye crispbreads 2 10 almonds 2 Stewed nectarine with 99% fat-free yoghurt and a pinch nutmeg 0
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