# 2700 Calorie Meal Planner

## Vegetarian Nutrition

| | MONDAY | TUESDAY | WEDNSDEAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| **MEAL 1** | Protein Oats<br>½ cup oats<br>¼ cup milk<br>1 teaspoon cinnamon<br>½ small banana<br>14 walnut halves<br><br>1-piece raisin toast<br>1 tablespoon honey<br><br>**758 calories** | Omelette<br>8 egg whites<br>4 large eggs<br>6 tablespoons BBQ sauce<br><br>**604 calories** | Protein Oats<br>½ cup oats<br>¼ cup milk<br>1 teaspoon cinnamon<br>½ small banana<br>14 walnut halves<br><br>1-piece raisin toast<br>1 tablespoon honey<br><br>**758 calories** | Omelette<br>8 egg whites<br>4 large eggs<br>6 tablespoons BBQ sauce<br><br>**604 calories** | Protein Oats<br>½ cup oats<br>¼ cup milk<br>1 teaspoon cinnamon<br>½ small banana<br>14 walnut halves<br><br>1-piece raisin toast<br>1 tablespoon honey<br><br>**758 calories** | Omelette<br>8 egg whites<br>4 large eggs<br>6 tablespoons BBQ sauce<br><br>**604 calories** | Protein Oats<br>½ cup oats<br>¼ cup milk<br>1 teaspoon cinnamon<br>½ small banana<br>14 walnut halves<br><br>1-piece raisin toast<br>1 tablespoon honey<br><br>**758 calories** |
| **MEAL 2** | ½ cup hummus<br>2 cups carrot strips<br><br>1 pear<br><br>**449 calories** | 1/3 cup walnuts, chopped<br><br>3 tablespoon hummus<br>1 carrot sliced<br>1 celery stalk<br><br>**368 calories** | ½ cup hummus<br>2 cups carrot strips<br><br>1 pear<br><br>**449 calories** | 1/3 cup walnuts, chopped<br><br>3 tablespoon hummus<br>1 carrot sliced<br>1 celery stalk<br><br>**368 calories** | ½ cup hummus<br>2 cups carrot strips<br><br>1 pear<br><br>**449 calories** | 1/3 cup walnuts, chopped<br><br>3 tablespoon hummus<br>1 carrot sliced<br>1 celery stalk<br><br>**368 calories** | ½ cup hummus<br>2 cups carrot strips<br><br>1 pear<br><br>**449 calories** |
| **MEAL 3** | Strawberry Smoothie<br>3 cups water<br>16 large strawberries<br>2 cup reduced fat yogurt<br>2 cup reduced fat milk<br>4 tablespoons lemon juice<br><br>1 banana<br><br>**651 calories** | Veggie Wrap<br>2 wholegrain tortilla wrap<br>6 tablespoon hummus<br>1cucumber sliced<br>2 carrot shredded<br>1/2 cup lettuce, shredded<br>2 tablespoon balsamic vinegar<br><br>1 apple<br>**629 calories** | Strawberry Smoothie<br>3 cups water<br>16 large strawberries<br>2 cup reduced fat yogurt<br>2 cup reduced fat milk<br>4 tablespoons lemon juice<br><br>1 banana<br><br>**651 calories** | Veggie Wrap<br>2 wholegrain tortilla wrap<br>6 tablespoon hummus<br>1cucumber sliced<br>2 carrot shredded<br>1/2 cup lettuce, shredded<br>2 tablespoon balsamic vinegar<br><br>1 apple<br>**629 calories** | Strawberry Smoothie<br>3 cups water<br>16 large strawberries<br>2 cup reduced fat yogurt<br>2 cup reduced fat milk<br>4 tablespoons lemon juice<br><br>1 banana<br><br>**651 calories** | Veggie Wrap<br>2 wholegrain tortilla wrap<br>6 tablespoon hummus<br>1cucumber sliced<br>2 carrot shredded<br>1/2 cup lettuce, shredded<br>2 tablespoon balsamic vinegar<br><br>1 apple<br>**629 calories** | Strawberry Smoothie<br>3 cups water<br>16 large strawberries<br>2 cup reduced fat yogurt<br>2 cup reduced fat milk<br>4 tablespoons lemon juice<br><br>1 banana<br><br>**651 calories** |
| **MEAL 4** | 1 bowl cornflakes<br>1 cup reduced fat milk<br><br>2 cup strawberries<br><br>**314 calories** | 1/3 cup trail mix<br>1 apple<br><br>1 slice raisin toast<br>1 tablespoon honey<br><br>**476 calories** | 1 bowl cornflakes<br>1 cup reduced fat milk<br><br>2 cup strawberries<br><br>**314 calories** | 1/3 cup trail mix<br>1 apple<br><br>1 slice raisin toast<br>1 tablespoon honey<br><br>**476 calories** | 1 bowl cornflakes<br>1 cup reduced fat milk<br><br>2 cup strawberries<br><br>**314 calories** | 1/3 cup trail mix<br>1 apple<br><br>1 slice raisin toast<br>1 tablespoon honey<br><br>**476 calories** | 1 bowl cornflakes<br>1 cup reduced fat milk<br><br>2 cup strawberries<br><br>**314 calories** |

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| **MEAL 5** | Pasta Pomodoro<br>½ medium whole tomato<br>1/3 cup cooked pasta<br>½ clove garlic<br>1 tablespoon olive oil<br><br>1 medium dinner roll<br><br>**547 calories** | Mixed Veggie Stir-fry<br>½ packet mixed frozen veggies<br>½ tablespoon soy sauce<br>½ tablespoon coconut oil<br>30g cooked tofu<br>1 cup cooked brown rice<br>1/3 cup cooked quinoa<br><br>**592 calories** | Pasta Pomodoro<br>½ medium whole tomato<br>1/3 cup cooked pasta<br>½ clove garlic<br>1 tablespoon olive oil<br><br>1 medium dinner roll<br><br>**547 calories** | Mixed Veggie Stir-fry<br>½ packet mixed frozen veggies<br>½ tablespoon soy sauce<br>½ tablespoon coconut oil<br>30g cooked tofu<br>1 cup cooked brown rice<br>1/3 cup cooked quinoa<br><br>**592 calories** | Pasta Pomodoro<br>½ medium whole tomato<br>1/3 cup cooked pasta<br>½ clove garlic<br>1 tablespoon olive oil<br><br>1 medium dinner roll<br><br>**547 calories** | Mixed Veggie Stir-fry<br>½ packet mixed frozen veggies<br>½ tablespoon soy sauce<br>½ tablespoon coconut oil<br>30g cooked tofu<br>1 cup cooked brown rice<br>1/3 cup cooked quinoa<br><br>**592 calories** | Pasta Pomodoro<br>½ medium whole tomato<br>1/3 cup cooked pasta<br>½ clove garlic<br>1 tablespoon olive oil<br><br>1 medium dinner roll<br><br>**547 calories** |
| ***TOTAL CALORIES*** | ***2719 calories*** | ***2669 calories*** | ***2719 calories*** | ***2669 calories*** | ***2719 calories*** | ***2669 calories*** | ***2719 calories*** |