EATING PLAN

For Vegetarian

Breakfast: 1 cup high-fibre bran cereal and 2/3 cup fat free milk and 1 serving Whey Protein + 1 banana **OR** 1 cup high-fibre bran cereal and 2/3 cup plain fat-free yoghurt. 2 slices pawpaw + 2 boiled eggs (discard 1 yolk) **OR** 2 slices rye bread, toasted, with 1/4 container fat free cottage cheese and sliced tomato + 10 strawberries + 3 scrambled eggs (discard 2 yolks) **Mid-morning**: handful of raisins/ 1 piece fruit	**Lunch:** Green salad with a variety of ingredients such as tomatoes and pepper + 2 tablespoons fat free cottage cheese + 3 boiled eggs (discard 2 yolks) + a small sweet potato OR Chickpea and corn salad: 150 g chickpeas mixed with a variety of salad ingredients, including 1/2 cup canned corn kernels + small baked potato (no butter or cream) OR Lentil and barley soup: 150 g lentils, 1 cup cooked barley and soup vegetables. **Mid-afternoon:** Fruit (eg handful of grapes, strawberries)	**Supper** Soya mince (approx 150g) with steamed veggies 1 serving Whey Protein **OR** 200 g lentil bake with grilled vegetables — mushrooms, - baby marrow, butternut and carrot OR Tofu stir-fry: 90g tofu stir-fried with a variety of stir-fry vegetables 1 serving of Whey Protein to accompany your dinner meal

Notes:

- Drink two glasses of water with each meal – 12 Glasses per day
- All portions are to be small about the size of your fist

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