

Webinar 9 Handout: **SAMPLE DAY VEGETARIAN MENU**

Here is an example of a one day meal plan for a vegetarian client. You can use it as a foundation for customizing a meal plan by substituting items (see portion guide for ideas) or simply as a sample day for a client to gain an understanding of a balanced vegetarian diet. You'll find that there are many definitions of vegetarians -- pescatarians eat fish, lacto-ovo vegetarians eat dairy and eggs, etc. Each eater has a personal definition of being vegetarian, so remember to customize each individual's plan accordingly.

Breakfast

½ cup cooked oatmeal
8 ounces low fat or whole organic milk
2 tablespoons ground flaxseed
1 small pear, diced
¼ teaspoon cinnamon

Snack

½ cup cottage cheese
¼ cup pineapple chunks
10 cashews, chopped

Lunch

⅓ cup cooked quinoa
Raw sliced red pepper, zucchini, mushrooms, red onions
3 ounces feta cheese
1 tablespoon chopped walnuts
2 teaspoons olive oil and a squeeze of lemon

Snack

Celery
2 tablespoons hummus

Dinner

Spinach sautéed with 2 teaspoons olive oil

½ cup cooked lentils

4 ounces extra firm tofu, grilled

1 cup raspberries

In general, men should increase the amount of protein by adding 2 ounces tofu, seitan or tempeh, or ¼ to ½ cup of legumes at each meal. As always for anyone who still has an HQ of a 6 at the end of the meal, they should increase the veggie portion and then the protein if still hungry.

Nutritious Life Tip: Vegetarian diets are among the most healthful in the world. Clients can meet all of their nutrition needs through plant based foods, dairy and eggs. Vegetarians eat a diet that is lower in iron than meat eaters, but do not have more iron deficiency anemia. They also tend to eat less protein, but still meet their needs. If dairy is avoided, calcium and vitamin D may need extra attention. Vegetarian clients may also be deficient in omega-3 fatty acids if they are avoiding fish, eggs and dairy in addition to meat. Encourage them to eat flax meal, walnuts, chia seeds, spinach and avocado to help get those omega-3s in. As with veganism, B12 is the nutrient of most concern, so recommend fortified foods and nutritional yeast to up the B12 in your client's diet. Be sure your vegetarian clients are responsible vegetarians and are eating a good variety of foods!