



Dietary guidelines. Vegetarian meal plan

Upon waking:

Drink a glass of warm water with the juice of ½ lemon. Make sure your water is not contaminated and that you have a water purifier or a supply of clean alkaline water. (This supports the liver to complete the night's job of detoxifying. This drink is also very hydrating after the night. Leave at least ¼ hour after your drink till you eat breakfast).

Breakfast Options:

- Smoothie: 1 scoop protein powder, 1 cup berries, 2 Tbsp flaxseeds, 1 tsp cinnamon, 1.5 cups liquid (water or milk alternative). Additional extras: 1 Tbsp raw cacao powder, 1 tsp green powder, 1 handful of greens (spinach), 1 tbsp nut/seed butter.
- Porridge: 1/2 cup oats, 1 cup water or milk (coconut milk, unsweetened almond), 1 tsp cinnamon, 1 Tbsp protein powder (soak together overnight). In the morning bring to boil for 5 minutes. Top with 1-2 Tbsp ground flaxseeds (or seed/nut mix), and 1 fruit (berries, pear, apple, kiwi).
- Sourdough: toast/bread: steamed or fresh spinach, ¼-½ avocado and nut butter.

Lunch/Dinner:

- 2/3 plate: Non starchy veggie (salad, steamed, stir-fried, baked or soup).
- Fats: ¼ avocado, 1-2 tablespoon olive oil (as dressing), hummus, 1-2 tbsp nuts/seeds.
- Protein: Legumes, quinoa.
- Carbs: ½ cup wholegrains – quinoa, millet, amaranth, kumara, red potato
- Condiments: Sauerkraut, fresh herbs, spices, garlic, ginger, wasabi, seaweed, fresh herbs, apple cider vinegar, lemon, lime.

Lunch/dinner examples:

- Quinoa salad – ½ cup cooked quinoa, 2 handfuls leafy greens, 1 grated carrot, 1 grated beetroot + protein choice (1/2 can chickpeas, black beans OR ¼ cup seeds + 3 Tbsp hummus).
- Curry – lots of veggies (onion, garlic, carrot, green beans, peas) + 1/2-1 cup beans or tofu and 1 cup of grain of your choice and full fat coconut milk + spices of your choice i.e. cumin, turmeric. Soak the grains and legumes prior.
- Soup (protein) – tofu + veggies (any you like/same as above) + broth.
- Veggies and protein – Big stir-fry/steamed veggies or salad + tempeh + pumpkin + drizzle of olive oil.



Dietary guidelines. Vegetarian meal plan - continued

Lunch/dinner examples:

- Brown rice + beans – ½ cup brown rice + ½ cup beans (chickpeas, black beans), + steamed or stir fried veggies (carrot, beans, courgette, onion, garlic) OR salad with leafy greens and grated veggies + ½ avocado.

Snacks:

- Veggie sticks + 1 Tbsp hummus or almond butter (carrots/celery/cucumber).
- 1 piece of fruit + 1 Tbsp almond butter.
- ½ cup berries with a handful of mixed nuts (walnuts, almonds).
- Protein shake - you can just have it plain with 1 scoop of protein in water or almond milk. (Protein shake- clean lean protein powder mixed with a handful berries, seeds, 1 tsp cinnamon, milk alternative (coconut, almond)).
- 1/4 cup raw nuts/seeds.
- 1/2 avocado drizzle lemon or olive oil and season salt, pepper, chilli.
- Natural Nut Bar (high protein, low sugar).
- Rice cakes/ Raw crackers (little bird/hello raw) + 2 Tbsp hummus + tomato.
- Nori roll-roll up sliced veggies sticks and hummus in nori wraps.

Sweet cravings:

- Hot cocoa: 1 tsp cocoa/cacao plus hot water + stevia drops to taste + 1-2Tbsp coconut cream + (1 tsp chia seeds optional).
- Turmeric or Beetroot latte with milk of your choice.
- Chai tea or Red Bush tea plus stevia drops to taste + 1-2 Tbsp coconut cream.
- Chocolate protein powder + 1 Tbsp cacao + 1 cup milk alternative + stevia to taste.

Sweet options (to enjoy 2-3 times each week):

- 2-3 pieces of 70-90+% dark chocolate (to suck on slowly)