



## 7-day Vegetarian meal plan

	Breakfast	Lunch	Dinner
<b>Sunday</b>	2 slices of wholegrain toast, served with 2 poached eggs, cooked mushrooms and half a grilled tomato. 125ml fruit juice.	<b>Baked Potatoes filled with lentils, vegies and cashews*</b> and a Milo smoothie (made with 1 cup of So Good Lite soymilk).	<b>Rice and Vegetable Quiche*</b> served with a salad of rocket, baby spinach, tomato, cucumber, borlotti beans, sunflower seeds, pistachios, sprinkled with lemon juice and parsley.
<b>Monday</b>	2 Weet-Bix topped with 200ml reduced fat milk and chopped strawberries. Half a wholegrain English muffin toasted with a scrape of margarine and honey.	<b>Red Lentil and Tomato Soup*</b> served with a wholegrain bread roll.	<b>BBQ Vegetarian Pizza</b> served with a salad of rocket, baby spinach, cherry tomatoes, cucumber, green beans, corn and sprinkled with pumpkin seeds, lemon juice and parsley.
<b>Tuesday</b>	2 slices of wholegrain toast served with ½ cup baked beans, a poached egg and 125ml of fruit juice.	Wholegrain wrap with hummus, falafel, tabouli and salad. Milo smoothie (made with 1 cup So Good Lite soymilk)	<b>Pasta Baked with Roasted Vegetables and Ricotta.*</b>
<b>Wednesday</b>	¾ cup muesli topped with peaches and 150g low fat yoghurt.	<b>Lentil patty stack*</b> served with a wholegrain bread roll and an orange.	<b>Tofu, Pumpkin and Spinach Curry*</b> served with 1 cup of brown rice.
<b>Thursday</b>	2 slices of wholegrain bread toasted, spread with peanut butter. Banana and honey soymilk smoothie (plus 2 tbs wheat germ).	Greek salad (rocket, baby spinach, cucumber, cherry tomatoes, capsicum, olives, feta cheese and four bean mix), sprinkled with parsley. Served with a rye bread roll.	<b>BBQ'd Schnitzel with Lemon Honey Dressing*</b> served with butter beans, snow peas, and topped with parsley and lemon juice.
<b>Friday</b>	2 Weet-Bix topped with 200ml So Good Lite soymilk and served with fresh fruit salad.	<b>Beetroot, Bean and Sweet Potato Wraps with baby spinach, hummus and tabouli.*</b>	<b>Stir-Fry Greens with Tofu*</b> served with 1 cup brown rice
<b>Saturday</b>	Porridge made with So Good Lite soymilk, topped with banana, honey and almonds.	<b>Mixed Bean Burgers*</b> served with a wholegrain bread roll topped with hummus, rocket, beetroot and alfalfa sprouts.	<b>San Choy Bow*</b> , served with bok choy, snow peas, broccoli, and sprinkled with lemon juice, cashews and parsley.

This sample menu provides Recommended Dietary Intakes for a female aged 31-50 years, and can be adjusted to suit the whole family. For more information please contact the Sanitarium Nutrition Service or an Accredited Practising Dietitian.

**Cost for four adults:** \$394.14 per week

**Average Day:** 8430 kilojoules (2015 calories). Protein 88g. Fat 73g. Saturated Fat 12g. Carbohydrate 230g. Total Sugars 81g. Fibre 47g. Sodium 2235mg. Potassium 4580mg. Calcium 1182mg. Iron 28mg. Zinc 14mg. Folate 670ug. Vitamin B12 2.8ug.

**Environmental Footprint per person per week:** Water: 10,939 litres, Cleared Land: 18 square metres, Greenhouse Gas Emissions: 14 kilograms

\* See recipe for details.

### Snack Options

Select 1-2 snacks for morning and afternoon tea. Choose a variety of different snacks throughout the week.

#### **Nuts and Seeds Snacks**

Mixed nuts 20-40g (walnuts, cashews, almonds), sunflower and pumpkin seeds (20-40g).

#### **Fruit Snacks**

1 cup of fresh/canned fruit salad, 1 piece of fruit, 1.5 tbs sultanas, 4 dried apricot halves/apple rings.

#### **Dairy/Soy Snacks**

Banana and honey soy smoothie (add 2 tbs wheat germ to smoothie), 150g low fat yoghurt, soymilk Milo.

#### **Wholegrain Snacks**

4-6 wholegrain crackers with reduced fat cheese/tomato, wholegrain English muffin with margarine and Marmite, 2 sliced fruit bread with margarine and honey.

### Drinks Options

Aim for 6-8 glasses every day: Water, sparkling mineral water and tea.



## Shopping List

### Vegetarian Meal Plan

Shopping list for 4 adults providing one complete week of food (all meals and snacks included)

Grocery Item	Quantity	Notes	Cost
Edgell four bean mix	4 small cans (125g cans)	91c each	\$3.64
Edgell four bean mix	1 large can (750g)		\$2.42
Milo	1 small/medium tin (200g required)	200g tin \$3.10	\$3.10
Sanitarium Weet-Bix	1 packet (16 biscuits required)	375g packet \$2.75	\$1.82
Arnott's Vita Wheat	1 packet (32 crackers required)	250g packet \$2.90	\$2.90
Rye crackers (e.g. Ryvita or Westons)	1 packet (16 crackers required)	Ryvita 250g packet \$2.41	\$2.41
Almonds, unsalted	1 small packet (80g required)	Lucky 110g \$3.89	\$2.83
Baked Beans, reduced salt	1 large tin (~ 450g)	Heinz 420g \$1.49	\$1.49
Borlotti beans, canned	1 large tin (~ 450g)	Annalisa 400g \$1.18	\$1.18
Refried beans, canned	1 large tin (~ 450g)	Old El Paso 435g \$2.59	\$2.59
Beetroot, canned	1 small tin	Edgell 225g 98c	\$0.98
Wholegrain bread rolls	12 bread rolls	Coles bakery 6 pack \$3.18 (not the ones on special)	\$6.36
Rye bread roll	4 bread rolls	None available (based cost on price above)	\$2.12
Wholemeal Lebanese flat bread	12 flat breads (~ 2 packets)	Bazaar \$3.49 a packet	\$6.98
Fruit bread	1 loaf (8 slices required)	Tip Top Spice Fruit Bread	\$4.49
Wholegrain bread	2 loaves	Molenberg \$4.29 a loaf	\$8.58
Bread crumbs	1 packet (2 Cups required)	Anchor \$1.74 a packet	\$3.48
Cashews, unsalted	290g	Lucky 150g \$4.09	\$7.91
Chickpeas, canned	1 large tin (~ 450g)	Edgell 400g	\$1.59
Chickpea nuts (dry roasted)*	100g required	N/A at Coles - Available at Edgecliff Go Vita health food shop - Chic Nuts 200g	\$4.25
Baby corn, canned	1 tin (10 spears required)	Trident 410g	\$1.69
Eggs	2 dozen (20 eggs required)	Pace Farms Free Range eggs \$6.05 a dozen	\$10.08
Canned fruit salad, in natural juice	4 small tubs	Goulburn Valley 3 pack \$3.85	\$5.13
Dried red lentils	500g	McKenzies 1kg \$4.22	\$2.11
Lentils, canned	1 small tin (200g required)	Annalisa 400g \$1.18	\$0.59
Mixed nut, seed and dried fruit medley	1 small packet (200g required)	Lucky Snack Tub 200g	\$5.49
Muesli	1 small packet (3 cups required)	Sunsol 750g \$4.19	\$2.01
English Muffin, Tip Top 9 Grain	1 packet		\$3.99
Rolled oats	1 small packet (2 Cups required)	Uncle Toby's 500g \$3.23	\$1.29
Wholemeal pasta	300g	San Remo 500g \$2.39	\$1.43

Grocery Item	Quantity	Notes	Cost
Peaches, tinned, natural juice	1 large tin	SPC 825g \$3.36	\$1.68
Pine nuts	150g	Sunbeam 800g \$3.75	\$3.75
Pistachios	1 small packet (120g required)	You'll Love Coles 120g	\$5.79
Brown rice	1 medium packet	Sunrice 1kg Medium Grain \$2.85	\$1.43
Pumpkin Kernals	460g	Lucky 200g \$3.89	\$8.95
Sunflower seeds	400g	Lucky 200g \$1.99 each	\$3.98
Tomato soup can, reduced salt	1 large tin (~ 420g)	Campbell's	\$1.80
Tomatoes, canned, no added salt	850g (~ 2 large tins)	Ardmona 810g \$2.09	\$4.18
Walnuts	1 small packet (290g required)	Lucky 180g \$3.89 each	\$6.27
Wheat germ	1 small packet	Select 500g \$3.95	\$1.98
Tofu	1.4kg	Soyco 300g firm \$1.85	\$8.63
Cheddar Cheese, reduced fat	1 small block	Mainland Light 250g	\$4.46
Feta Cheese, reduced fat	120g	Lemnos 180g \$4.59	\$3.06
Mozzarella Cheese, reduced fat	1 small packet	Perfect Italiano 500g \$6.00	\$3.00
Parmesan Cheese	1 small packet	Perfect Dairy 125g	\$3.49
Ricotta Cheese, reduced fat	200g	Deli \$7.88 a kg	\$1.58
Hummus	1 small tub	Chris Dairy 100g	\$1.37
Fruit Juice, Orange/Mango mix, unsweetened 100% juice	1 litre	Berri Australian Fresh	\$3.69
Frozen green peas	1 small packet (3/4 Cup required)	McCain 500g	\$1.85
So Good Lite Soymilk	10 litres	\$1.99 a litre	\$19.90
Vegie Delights Tender Crumbed Schnitzel	1 packet		\$4.99
Vegie delights deli slices smoked	1 packet	No deli slices - Luncheon rolls however were available	\$4.95
Vegie Delights Lentil Patty	1 packet		\$4.99
Vegie Delights Roast	1 packet		\$6.99
Vegie Delights Traditional Vegie Sausage	1 packet		\$4.95
Yoghurt, low fat, fruit flavour (e.g. Valia)	8 by 150g tubs (Valia sell packs of 4)	\$4.75 per 4-pack	\$9.50
Falafel Patty*	4 patties required for sandwich	Savion Falafel Croquettes 170g	\$4.29
Salad,Tabouli*	1 medium tub	Mrs Crockets 175g	\$2.98
Alfalfa Sprouts	1 packet/tub	250g packet \$1.98	\$1.98
Apple	6 apples	1.5kg Red Delicious \$3.98	\$2.65
Dried apricots	1 packet or 300g	Angus Park 225g \$3.87	\$5.16
Asparagus	1 bunch		\$2.58
Banana	16 bananas	4 bananas = 750g, \$2.98 a kg	\$8.94
Green beans	250g	\$3.48 a kg	\$0.87
Beetroot raw	1 bunch	\$3.98 a kg	
Broccoli	300g	\$3.98 a kg	\$1.20
Bok Choy	3 bunches (normally sold in bunches of 3)	\$1.68 for a bunch of 2	\$1.68

<b>Grocery Item</b>	<b>Quantity</b>	<b>Notes</b>	<b>Cost</b>
Red capsicum	5 capsicums	Around 300g each, \$4.98 a kg	\$7.47
Green capsicum	1 small capsicum	Around 230g each, \$2.98 a kg	\$0.69
Carrots	5 carrots	Around 160g each, \$1.98 a kg	\$1.58
Cucumber, Lebanese	4 cucumbers	Around 110g each, \$4.98 a kg	\$2.19
Pineapple	1/2 pineapple	\$3.98 a pineapple	\$1.99
Lemons	2 lemons	170g each, \$3.98 a kg	\$1.35
Common lettuce	1 small lettuce		\$1.88
Mango	1 mangos	Mexican mangoes \$3.98 each	\$3.98
Mushrooms	450g	7.98 a kg	\$3.59
Olives	40 olives	Green Valley 375g jar pitted Kalamata	\$3.99
Onions	15 onions	Around 170g each, \$2.48 a kg	\$6.33
Oranges	4 oranges	Around 300g each, 95c a kg	\$1.14
Green pears	4 pears	Around 220g each, \$3.48 a kg	\$3.06
Potatoes	12 potatoes	Around 200g each, washed potatoes \$2.48 a kg	\$5.95
Pumpkin	1.5kg	\$1.98 a kg	\$2.97
Rocket	1.0kg	\$2.49 for a 100g packet	\$24.90
Snowpeas	350g	\$6.98 a kg	\$2.44
Baby Spinach (small salad leaves)	1kg	\$2.49 for a 100g packet	\$24.90
English Spinach (regular large spinach leaves)	200g	\$3.48 for 300g	\$2.32
Strawberries	2 punnets		\$5.00
Sweet potato	1 medium	Around 375g, \$2.48 a kg	\$0.93
Cherry or grape tomatoes	4 punnets	\$2.68 a punnet	\$10.72
Tomatoes, standard	18 tomatoes	Around 110g each, \$1.68 a kg	\$3.33
Zucchini	7 zucchinis	Around 200g each, \$4.98 a kg	\$6.97
		<b>TOTAL</b>	<b>\$394.14</b>

Shopping at Edgecliff Coles Supermarket on Wednesday July 23<sup>rd</sup>, all of the recommended foods under each plan were purchased, with a focus on buying the cheapest branded product available.