

vegetarian for a week

EAT VEGETARIAN WITHOUT SKIMPING ON NUTRITION. THIS NUTRIENT-PACKED, ONE-WEEK MENU WILL GET YOU STARTED.

BY MARSHA MCCULLOCH, RD

DAY 1

BREAKFAST

Strawberry Smoothie: Blend 1 cup frozen strawberries, 1 cup milk and 2 tsp honey
1 protein bar

MORNING SNACK

1 cup carrot sticks
¼ cup hummus

LUNCH

TLT Sandwich: 1 toasted whole-grain English muffin, ¼ cup mashed avocado, ½ cup butter lettuce, 4 slices tomato and 4 slices warmed bacon-flavor tempeh
1 cup canned, low-sodium butternut squash soup

AFTERNOON SNACK

8 oz low-sodium tomato juice
3 cups air-popped popcorn sprinkled with 1 tsp nutritional yeast seasoning

DINNER

1 cup cooked whole-wheat bow tie pasta topped with: 1 cup cooked broccoli florets (boil with pasta), 3 oz sautéed super-firm tofu cubes, 1 tsp nutritional yeast seasoning and ½ cup reduced-sodium marinara sauce
1½ cups fresh pineapple

Daily total: 1,799 cal, 53g fat (16g mono, 12g poly, 10g sat), 20mg chol, 2,327mg sodium, 268g carb (51g fiber, 97g sugars), 82g protein

DAY 2

BREAKFAST

1 whole-grain English muffin; toast and top with 1 tbsp almond butter, 1 tsp wheat germ and 1 small sliced banana

MORNING SNACK

1 protein bar

LUNCH

Pea and Pasta Salad (see recipe 1, page 2)
1 cup plain yogurt; mix with 1½ cups unsweetened frozen strawberries (thawed)

AFTERNOON SNACK

Carrot-Raisin Salad: Combine 1 cup grated carrots, ¼ cup raisins and 2 tbsp plain, lowfat yogurt. Top with 1 tsp ground flaxseed

DINNER

Tofu Stir-fry: Heat 1 tsp oil in skillet over medium heat. Add 3 ounces cubed, super-firm tofu and cook 3 minutes; add 1 cup stir-fry frozen vegetables and cook 5 more minutes. Add 2 tbsp stir-fry sauce and heat briefly.
½ cup cooked brown rice; top with 2 tbsp nutritional yeast seasoning.
Baked Pear Halves (see recipe 2, page 2)

Daily total: 1,822 cal, 44g fat (17g mono, 12g poly, 9g sat), 17mg chol, 860mg sodium, 305g carb (52g fiber, 131g sugars), 72g protein

DAY 3

BREAKFAST

1 English muffin; toast and top with 2 poached eggs, 1 tbsp nutritional yeast seasoning, dash of black pepper and 1 tbsp fresh, chopped basil
1 small banana

MORNING SNACK

8-inch whole-grain tortilla; spread with 2 tbsp hummus and roll up

LUNCH

1 serving Warm Mediterranean Chickpea Salad (see recipe, page 3) served over 2 cups lettuce
2 tangerines

AFTERNOON SNACK

¼ cup raw cashews
2 tbsp raisins

DINNER

Shroom Quesadilla (see recipe 3, page 2); top with 2 tbsp salsa and 1 tbsp plain yogurt
1 cup steamed spinach; top with 1 tbsp nutritional yeast seasoning
Carrot-Raisin Salad: Combine 1 cup grated carrots, ¼ cup raisins and 2 tbsp plain yogurt. Top with 1 tsp ground flaxseed

Daily total: 1,825 cal, 66g fat (24g mono, 10g poly, 14g sat), 389mg chol, 2,383mg sodium, 257g carb (44g fiber, 86g sugars), 73g protein

DAY 4

BREAKFAST

½ cup (dry) rolled oats cooked with 1 cup milk, ⅓ cup raisins, 1 tbsp wheat germ and ½ tsp cinnamon

MORNING SNACK

5 dried dates, split and filled with 1½ tsp almond butter

LUNCH

Mini Veggie Pizza (see recipe 4, page 2)
1 cup freeze-dried peas

AFTERNOON SNACK

1 seaweed snack pack
1 oz dark chocolate

DINNER

1 russet potato; bake and top with 1 tsp butter, ½ cup cooked broccoli, ⅓ cup sliced mushrooms, ¼ cup shredded cheddar cheese and 1 tsp nutritional yeast seasoning
1 cup canned butternut squash soup
1 cup fresh pineapple

Daily total: 1,824 cal, 58g fat (18g mono, 7g poly, 22g sat), 67mg chol, 1,333mg sodium, 272g carb (37g fiber, 114g sugars), 77g protein

DAY 5

BREAKFAST

Banana Smoothie: Blend 1 small frozen banana (sliced), 1 cup milk, 1 tsp honey, ½ tsp vanilla extract and 1 tbsp ground flaxseed

¼ cup raw cashews

MORNING SNACK

⅔ cup freeze-dried peas
6 oz low-sodium tomato juice

LUNCH

¾ cup cottage cheese; mix with ½ cup chopped mushrooms, 1 cup baby spinach, 1 tbsp ground flaxseed and 1½ tsp nutritional yeast seasoning

5 whole-wheat crackers
2 tangerines

AFTERNOON SNACK

¼ cup raw cashews
3 tbsp raisins

DINNER

Refried Bean Taco: Warm 8-inch whole-grain tortilla; fill with ⅔ cup vegetarian refried beans (warmed), 1½ cups butter lettuce, ½ cup chopped tomato and 2 tbsp shredded cheddar cheese. Top with 2 tbsp salsa.

1 cup plain yogurt; mix with 1 cup frozen strawberries (thawed)

Daily total: 1,810 cal, 56g fat (5g mono, 7g poly, 10g sat), 65mg chol, 1,721mg sodium, 255g carb (38g fiber, 119g sugars), 92g protein

DAY 6

BREAKFAST

1 cup plain yogurt; mix with 1 tsp honey, 1 tbsp ground flaxseed and ½ large Bosc pear, chopped

MORNING SNACK

3 cups air-popped popcorn; sprinkle with 1 tbsp nutritional yeast seasoning
⅓ cup raisins

LUNCH

2 cups butter lettuce; top with 2 slices bacon-flavor tempeh (warmed then chopped), ½ cup chopped tomato, ½ cup chopped mushrooms and 1 tbsp ranch salad dressing

6 whole-wheat crackers
1 oz dark chocolate

AFTERNOON SNACK

1 cup plain yogurt; top with 1 cup frozen, unsweetened strawberries (thawed) and ¼ cup rolled oats

DINNER

1 serving leftover Warm Mediterranean Chickpea Salad; wrap in an 8-inch whole-grain tortilla
1 cup steamed spinach; top with 1 tbsp nutritional yeast seasoning

Daily total: 1,801 cal, 56g fat (22g mono, 11g poly, 18g sat), 31mg chol, 1,941mg sodium, 270g carb (49g fiber, 100g sugars), 69g protein

DAY 7

BREAKFAST

½ cup dry oats; cook with 1 cup milk, 2 tbsp chopped dried dates and ½ large Bosc pear, chopped

MORNING SNACK

1 whole-grain English muffin; toast and top with 2 tbsp hummus

LUNCH

Egg Salad Wrap (see recipe 5, right)

1 cup raw broccoli florets topped with 1 tbsp ranch salad dressing and 1 tbsp nutritional yeast seasoning

AFTERNOON SNACK

1 protein bar
1 seaweed snack pack

DINNER

1 russet potato; bake and top with 1 slice warmed, chopped bacon-flavor tempeh, ½ cup vegetarian refried beans (warmed), 2 tbsp chopped green onions, 1 tbsp nutritional yeast seasoning and 2 tbsp plain yogurt
Carrot-Raisin Salad: Combine 1 cup grated carrots, ¼ cup raisins and 2 tbsp plain, lowfat yogurt. Top with 1 tbsp ground flaxseed

Daily total: 1,810 cal, 56g fat (13g mono, 15g poly, 14g sat), 399mg chol, 1,828mg sodium, 268g carb (42g fiber, 91g sugars), 79g protein

quick recipes to complete your menus

(each makes 1 serving)

1. Pea & Pasta Salad

Combine 1 cup cooked, chilled whole-wheat bow tie pasta and ½ cup frozen, thawed peas. Toss with homemade dressing of 1 tsp lemon juice, 1 tsp oil and 1 tbsp fresh, chopped basil. Top with 1 tsp nutritional yeast seasoning.

2. Baked Pear Halves

Cut 1 large Bosc pear in half and core. Place halves cut-side up on small baking pan lined with parchment paper. Drizzle pears with 2 tsp honey and sprinkle with cinnamon. Bake at 350° for 25-30 minutes or until golden brown. Serve warm.

3. Shroom Quesadilla

Lightly coat skillet with oil and warm over medium heat. Put an 8-inch whole-grain tortilla in pan and sprinkle half of it with ¼ cup reduced-fat shredded cheddar cheese, ⅓ cup chopped mushrooms and 2 tbsp chopped green onions. Fold empty half of tortilla over the filled portion and brown on both sides.

4. Mini Veggie Pizza

Toast a whole-grain English muffin and top with 2 tbsp reduced-sodium marinara, ⅓ cup baby spinach, ⅓ cup tomato slices, ⅓ cup chopped mushrooms, ⅓ cup shredded cheddar cheese and 1 tbsp fresh basil. Heat 3-5 minutes (or until cheese is melted) in toaster oven or under broiler. Sprinkle with 1 tbsp nutritional yeast seasoning.

5. Egg Salad Wrap

Mash 2 large hard-boiled eggs with 1½ tbsp light mayonnaise and 1 tbsp ground flaxseed. Spread on an 8-inch whole-grain tortilla; top with ½ cup chopped tomato and 1 cup baby spinach. Roll up.



SHOPPING LIST

Here's everything you'll need to make the week's worth of vegetarian menus on the previous pages for one person.

FRUITS & VEGETABLES

- 3 small bananas
- 2 large Bosc pears
- 3 lemons
- 1 pineapple
- 4 tangerines
- 1 bunch fresh basil
- 1 avocado
- 5 cups baby spinach
- 2½ cups broccoli florets
- 6 cups butter lettuce
- 1½ lbs carrots
- 1 bunch green onions
- 1 red onion
- 2 russet potatoes, about 6 oz each
- 2 large tomatoes
- 2 cups white mushrooms
- 1 pkg freeze-dried peas
(**TRY:** Just Peas)
- 9 dates, dried and pitted
- 2 cups raisins
- 2 10-oz bags (3 cups) frozen strawberries, unsweetened
- 1 bag frozen peas
- 1 bag stir-fry frozen vegetables
(**TRY:** Cascadian Farm Organic Chinese-Style Stirfry Blend Frozen Vegetables)
- ⅔ cup kalamata olives
- 2 6.5-oz jars marinated artichoke hearts
- 14-oz low-sodium tomato juice

PROTEINS & DAIRY

- 3 protein bars (**TRY:** Health Warrior Chia Protein Bar, Peanut Butter Cacao)
- 2 15-oz cans chickpeas
- 15-oz can refried beans (**TRY:** Amy's Light in Sodium Vegetarian Organic Refried Beans, Traditional)
- ½ cup hummus
- 1 pkg bacon-flavor tempeh
(**TRY:** Lightlife Organic Smoky Tempeh Strips, Fakin' Bacon)
- 1 pkg super-firm tofu (**TRY:** Nasoya Organic Cubed Super Firm Tofu)
- 4 large eggs (**TRY:** Organic Valley Omega-3 Eggs)
- 1 tsp butter
- 1 quart milk (**TRY:** Horizon Organic Reduced-Fat (2%) Milk with DHA Omega-3)
- 35 oz (4½ cups) plain yogurt
- 6 oz cottage cheese
- 1 8-oz pkg shredded cheddar cheese

NUTS & NUT BUTTERS

- 3 tbsp natural, unsweetened almond butter
- ½ cup raw cashews

GRAINS

- 1 bag popcorn kernels
- 1¼ cups rolled oats
- 5 whole-grain English muffins
- 5 8-inch whole-grain tortillas (**TRY:** Rudi's Organic Whole Spelt Tortillas)
- 1 box whole-wheat bow tie pasta
(**TRY:** Hodgson Mill brand)
- 1 box whole-wheat crackers

MISCELLANEOUS

- 2 cups (16-oz can) butternut squash soup (**TRY:** Amy's Organic Light in Sodium Butternut Squash Soup)
- 1 bag ground flaxseed (**TRY:** Garden of Life Real Cold Milled Organic Golden Flaxseed)
- 1 jar marinara sauce (**TRY:** Amy's Light in Sodium Premium Organic Pasta Sauce, Family Marinara)
- 1 bottle ranch salad dressing
(**TRY:** Hilary's Eat Well Ranch Chia Salad Dressing)
- 1 jar salsa (**TRY:** Green Mountain Gringo Mild Salsa)
- 1 pkg stir-fry sauce (**TRY:** Saffron Road Lemongrass Basil Simmer Sauce)
- 2 seaweed snack packs
(**TRY:** Seasnax Original Organic Premium Roasted Seaweed Snack)
- 2 oz dark chocolate

PANTRY STAPLES

- Nutritional yeast seasoning
(**TRY:** Bragg brand)
- All-purpose cooking oil, such as organic canola oil or olive oil
- Extra-virgin olive oil
- Black pepper
- Iodized sea salt
- Ground cinnamon
- Honey
- Vanilla extract
- Wheat germ



Warm Mediterranean Chickpea Salad

Makes 6 servings

Serve warm over a bed of fresh, mild greens, such as butter lettuce or mâche. Fantastic on its own or scooped up with warm pitas; leftovers make great lunch-box fare.

- 6 tablespoons extra-virgin olive oil (divided)
- ½ red onion (sliced into thin half-moons)
- 2 (15-ounce) cans chickpeas (garbanzos) (rinsed and drained)
- 2 (6.5-ounce) jars marinated artichoke hearts (drained and coarsely chopped)
- ⅔ cup kalamata olives (pitted and coarsely chopped)
- 2 lemons

1. Place a saucepan over medium heat. Add 2 tablespoons oil. Once hot, add onions and chickpeas and cook just until chickpeas are heated through, stirring frequently, about 5 minutes. Add artichoke hearts and olives and stir 1 minute more. Remove from heat.
2. Halve lemons crosswise. Set one half aside. Juice remaining 1½ lemons into chickpea mixture, straining out seeds. Cut reserved lemon half lengthwise into quarters; then cut each quarter crosswise into paper-thin slices. Toss lemon slices and remaining 4 tablespoons oil with chickpea mixture. Season to taste with sea salt and freshly ground black pepper.

PER SERVING: 378 cal, 20g fat (14g mono, 3g poly, 3g sat), 0mg chol, 9g protein, 43g carb, 13g fiber, 654mg sodium