

LACTO OVO VEGETARIAN (± 8400KJ)



Total Energy (TE)	Protein	% of TE	Carbohydrates	% of TE	Fat	% of TE
8400kJ	99g	20	247g	50	57g	25

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	75g FUTURELIFE® HIGH PROTEIN Smart food™ 1 cup low fat milk	1 cup low fat yoghurt 1 pear	Omelette: 2 eggs 30g cheese 1 cup green peppers, onion, tomato ½ cup corn 1 slice of a high fibre, low GI bread	1 apple 2 whole wheat crackers	Vegetarian Burger: 1 medium whole-wheat roll 1 soya patty 1 cup Greek salad with 30g low fat feta ½ cup oven baked sweet potato chips 1 tsp oil for cooking
DAY 2	50g FUTURELIFE® Smart food™ 1 cup low fat milk	1 small banana	Feta Pasta Salad: ½ cup spiral pasta 90g low fat feta ½ cup chickpeas ½ cup Cherry tomatoes, cucumber, red onion	1 cup pawpaw FUTURELIFE® High Protein LITE SmartBar	Wrap: 1 whole-wheat wrap 2 soya sausages ¼ cup julienne carrots & beetroot ¼ cup spinach leaves 1 Tbsp. lite mayo ½ cup side salad
DAY 3	2 FUTURELIFE® HIGH PROTEIN Smart food™ crumpets (see website for recipe) ½ cup low fat yoghurt ½ cup strawberries	1 cup carrot and cucumber sticks ¼ cup cottage cheese for dipping	Quinoa and Beetroot Salad: 1 cup quinoa 1 cup kidney beans ½ cup beetroot Vinaigrette with 1 tsp oil	1 small peach ½ cup low fat yoghurt	Asparagus Quiche: 2 eggs (with 2 Tbsp. milk) 30g cheddar cheese 1 cup asparagus, spring onion, peppers, mushroom (sautéed in pan) 4 baby potatoes (for the base)
DAY 4	2 poached eggs 30g haloumi ½ cup sautéed mushrooms ½ cup rosa tomatoes and kale 1tbs pesto 1 slice of a high fibre, low GI bread	1 small orange 1 cup low fat yoghurt	Cous Cous Salad: ½ cup cous cous ½ cup cooked veg (peppers, aubergine, onion) ½ cup rosa tomatoes and cubed cucumber 60g low fat feta	½ cup whole strawberries Handful of nuts and seeds	Red Kidney Bean Curry: 1 cup red kidney beans ¼ cup cooked onion & tomato for chutney ½ cup brown rice ½ cup side salad (carrots, cucumber, spinach)

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DAY 5	75g FUTURELIFE® HIGH PROTEIN Smart food™ 1 cup low fat milk	1 small pear 1 cup low fat yoghurt	2 soya sausages 1 medium potato (roasted) 1 cup roast veg: (baby marrows, onion, carrots)	½ cup homemade popcorn	1 cup cooked red lentils ½ cup cooked tomato & onion for chutney 60g haloumi Top with ½ cup raw spinach
DAY 6	FUTURELIFE® Mocha Smoothie ½ cup coffee already prepared 1 cup low fat vanilla yoghurt 75 FUTURELIFE® HIGH PROTEIN Smart food™ Chocolate flavour 1 handful ice cubes	1 cup pawpaw ½ cup yoghurt	Salsa Wrap 1 whole grain wrap 60g white cheddar, ½ red peppers cubed ¼ cup tomato and onion (optional chilli) ½ avocado	½ cup mango FUTURELIFE® High Protein LITE SmartBar	Soya Cottage Pie ½ cup soya mince ¼ cup cooked tomato and onion for chutney 1 cup potatoes for mash 1 cup salad (lettuce, carrots, cucumber)
DAY 7	45g FUTURELIFE® Bran Flakes and Barley with Probiotic Capsules 1 cup low fat yoghurt or milk	½ cup fruit salad Handful of nuts	Tofu bowl: 120g tofu ½ cup brown rice and quinoa ¼ cup steam broccoli ¼ cup julienne carrots ¼ cup shredded cabbage ¼ cup raw spinach & radish Ginger slices in vinegar (optional) Handful of cashews	1 apple FUTURELIFE® High Protein LITE SmartBar	½ cup baked beans 2 soya sausages 1 cup salad (lettuce, tomato, cucumber, onion, carrots) 30g low fat feta

DAILY EXTRA ALLOWANCES

- Drink plenty of water (at least 8 glasses/day)
- See website for more FUTURELIFE® recipes
- 125ml low fat or fat free milk for coffee or tea during day
- Can use 1 tsp. olive oil/low salad dressing in lunch & dinner preparation
- To lower energy intake it is suggested to make FUTURELIFE® with water
- May have FUTURELIFE® Crunch Protein Bar OR FUTURELIFE® Whole Grain Granola Bars 1-2 times per week

