



Vegetarian Menus (except for fish) for 1600 Calories Per Day

Each Sample Menu will give you healthy meal options that are all approximately 1600 calories for the day.

Sample Menu 1

Breakfast

Cereal with Berries 346 cals

1¼ cups whole grain cereal 225 cals
1 cup rice, soy or almond milk 53 cals
1 cup raspberries 68 cals
8 oz water, green tea or coffee

Snack

10 brown rice crisps 90 cals
5 tbsp salsa 50 cals

Lunch

Grilled Shrimp or Calamari over Spinach Salad 350 cals

4 cups baby spinach 20 cals
7 large grilled shrimp 39 cals
1 cup red onion 67 cals
½ avocado 140 cals
1 whole red pepper 50 cals
1 ½ tbsp raspberry vinaigrette 34 cals
8 oz water, green tea, or unsweetened tea

Snack

1 large orange 98 cals
½ oz nuts 55 cals

Dinner

Penne Primavera 514 cals

3 oz whole wheat penne pasta 270 cals
½ cup tomato sauce 60 cals
1 cup sautéed broccoli 45 cals
1 cup sautéed zucchini 29 cals
3 oz cherry tomatoes 21 cals
1 cup sliced carrots 54 cals
1 tsp olive oil 35 cals
8 oz water, green tea or unsweetened iced tea

Total Cals: 1503



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Sample Menu 2

Breakfast

Non- Dairy Yogurt with Nuts & Berries 351 cals

1 cup coconut or soy yogurt 140 cals

1 cup blueberries 83 cals

¾ oz cashew nuts (9 pieces) 128 cals

8 oz water, green tea or coffee

Snack

1 large orange 98 cals

1 small apple 55 cals

Lunch

Quinoa with Grilled Vegetables 343 cals

1 cup quinoa 180 cals

2 cups grilled vegetables, mushrooms, peppers, onions 128 cals

1 tsp olive oil 35 cals

8 oz water, green tea, or unsweetened tea

Snack

20 almonds 144 cals

Dinner

Salmon with Brown Rice and Kale 521 cals

5 oz salmon 233 cals

1 cup brown rice 205 cals

1 cup kale 83 cals

8 oz water, green tea or unsweetened iced tea

Total Cals: 1512



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Sample Menu 3

Breakfast

Whole wheat bagel with Sunflower Seed Butter 357 cals

½ whole wheat bagel or bagel scooped out 120 cals

1 ½ tbsp sunflower seed butter 237 cals

8 oz water, green tea or coffee

Snack

1 large banana 147 cals

Lunch

Salmon or Veggie Burger over Salad 353 cals

5 oz grilled/broiled salmon or veggie burger 250 cals

4 cups spring salad mix 30 cals

¾ cup broccoli 23 cals

1 tbs balsamic vinaigrette 50 cals

8 oz water, green tea, or unsweetened tea

Snack

2 oz (2 small squares) dark chocolate 140 cals

Dinner

Vegetable Fajitas 339 cals

1 whole wheat tortilla 170 cals

3 oz green & red peppers 27 cals

¼ cup onions 15 cals

¾ cup broccoli 34 cals

2 tbs salsa 10 cals

¾ oz shredded veggie cheese 83 cals

8 oz water, green tea or unsweetened iced tea

Total Cals: 1336



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Sample Menu 4

Breakfast

Tofu Veggie Omelet 372 cals

1 cup firm tofu 210 cals
2 tsp olive oil 70 cals
1 small tomato 16 cals
2 oz spinach 76 cals
8 oz water, green tea or coffee

Snack

1 large apple 100 cals
½ tbs sunflower seed butter 50 cals

Lunch

Veggie Burger 350 cals

1 veggie burger, or grilled vegetables 130 cals
1 slice veggie cheese 50 cals
1 large whole wheat pita 170 cals
8 oz water, green tea, or unsweetened tea

Snack

10 brown rice crisps 90 cals
5 tbsp salsa 50 cals

Dinner

Quinoa Salad 532 cals

1 ½ cup quinoa 270 cals
2 oz sautéed spinach 38 cals
½ cup red onion 34 cals
2 tbsp olive oil 190 cals
dash of hot sauce or jalapeño's
8 oz water, green tea or unsweetened iced tea

Total Cals: 1544



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Sample Menu 5

Breakfast

English Muffin with Almond Butter 330 cals

1 whole wheat English muffin 140 cals

1 tbsp almond butter 95 cals

1 medium apple 95 cals

8 oz water, green tea or coffee

Snack

½ cup (small handful) dried cherries or berries (no sugar added) 150 cals

Lunch

Soup and Salad 351 cals

1½ cup minestrone or vegetable soup 135 cals

1¾ cup garden salad with garbanzo beans 216 cals

8 oz water, green tea, or unsweetened tea

Snack

1 large banana 147 cals

Dinner

Linguini with Shrimp 516 cals

5 large broiled shrimp 27 cals

3 oz whole wheat linguine 300 cals

1 tbs olive oil 120 cals

1 clove garlic 4 cals

¼ cup green peas 30 cals

1 tbs veggie parm cheese 35 cals

8 oz water, green tea or unsweetened iced tea

Total Cals: 1494



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Sample Menu 6

Breakfast

Oatmeal with Fruit 358 cals

1½ cups instant oatmeal (no added sugar, made with water) 193 cals

1¼ cups fresh strawberries 125 cals

2 tsp honey 40

8 oz water, green tea or coffee

Snack

2 Oz (2 small squares) dark chocolate 140 cals

Lunch

Greek Salad 341 cals

1 medium Greek salad w lettuce, onions, cucumbers, tomatoes, olives, peppers 200 cals

2 stuffed grape leaf 80 cals

1 tbsp oil and vinegar dressing 60 cals

8 oz water, green tea, or unsweetened tea

Snack

½ cup (small handful) dried cherries or berries (no sugar added) 150 cals

Dinner

Brown Rice and Beans 555 cals

½ cup brown rice 103 cals

1 cup black beans 240 cals

¾ cup stewed tomatoes 45 cals

1 oz red pepper 9 cals

¼ cup corn 33 cals

1 olive oil 120 cals

1 oz cilantro 5 cals

juice of ½ a lime

8 oz water, green tea or unsweetened iced tea

Total Cals: 1544



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Sample Menu 7

Breakfast

Yogurt fruit smoothie 356 cals

1 cup coconut or soy yogurt 140 cals
¾ banana 101 cals
3 oz frozen raspberries 55 cals
1 tbsp honey 60 cals
pinch of cinnamon 0 cals
8 oz water, green tea or coffee

Snack

20 almonds 144 cals

Lunch

Pizza with Vegetables 360 cals

1 medium slice pizza with vegetables 180 cals
1 tbsp olive oil 120
½ oz (9 chips) baked tortilla chips 60 cals
8 oz water, green tea, or unsweetened tea

Snack

15 pieces raw veggies: broccoli, carrots, peppers, and/or cauliflower 75 cals
3 tbs hummus 75 cals

Dinner

Veggie Burger & Baked Sweet Potato Fries 515 cals

Vegetable patty 288 cals
3 slices tomato 12 cals
1 sweet potato fries (baked) 132 cals
5 cups garden salad 38 cals
1 tbs ginger vinaigrette dressing 45 cals
8 oz water, green tea or unsweetened iced tea

Total Cals: 1525