

Loose 10 lbs.in 6 weeks the veggie way

Saturday, 14 July 2007

Last Updated Friday, 21 September 2007

Whether you are a vegetarian who wants to loose weight or a meat eater who wants to have a change, this veggie plan is ideal. Eat three meals (breakfast, lunch, and dinner) and one or two snacks every day. Choose from the options below but try to keep up the variety. In addition drink 250ml skimmed milk or calcium-fortified soya milk daily. If you are vegan (don't eat dairy products) a supplement of vitamin D & B12 may be needed.

Breakfast

- Two weetabix or a bowl of cornflakes with a handful of raisins and 150ml skimmed milk. Small glass of orange
- 100ml skimmed milk or soya milk liquidised with 100ml pineapple juice and a small banana to make a breakfast shape.
- Fresh grapefruit, pot of low-fat fruit or soya yoghurt, a slice of toast with 1 tsp. low-fat spread and 1tsp. Marmalade or Jam.
- Porridge made with 200ml skimmed or soya milk, and sweetened with 1tbsp raisins and 1 tsp honey. Bowl of blueberries.
- A small roll with four rashers of grilled soya based bacon and a little tomatoe ketchup. One kiwi fruit.
- Poached egg with grilled mushrooms. Serve with two slices of wholemeal toast spread with a scraping of low fat spread.
- Two toasted crumpets spread with 2 tsp low-fat spread and 2 tsp jam. Handful of cherries.

Lunch

- Wholemeal bread sandwich filled with lots of salad plus 1 rounded tbsp reduced-fat hummus. Apple or pear.
- Half a carton of fresh bean or lentil soup sprinkled with 2 tsp sesame seeds. Small wholemeal roll (no spread), pot of low fat fruit or soya yoghurt.
- Baked potato topped with any of the following: reduced calorie baked beans, canned ratatouille, 2 tbsp cottage cheese with chives, mixed with a grated carrot and chopped tomato. Small banana.
- Bagel filled with 1 level tbsp. reduced fat cream cheese. Serve with a salad of canned sweet corn, red kidney beans and cooked green beans. Small pot of fruit or flavoured very low fat fromage frais.
- Two taco shells filled with green leaves, tomato and peppers, 3 tbsp canned beans and matchbox size lump of cheddar cheese grated. Handful of cherries.
- One pot of ready to eat pasta or bean salad, or a pre-packaged vegetarian sandwich with 350 calories or less.
- Warm smoked tofu salad: chop 100g-smoked tofu into cubes and grill until warmed through and slightly browned. Place the hot tofu cubes on a large handful of salad leaves and spoon over 1 tbsp of reduced calorie French dressing with a dash of lime juice added.

Dinner

- Vegetable stir-fry. Use any combination of chopped vegetables, and stir fry using 1 tbsp of olive oil. Add 50 grams of cashews nuts and season with soya sauce.
- Two small or one-quarter pounder vegetarian burger with four boiled new potatoes, peas and broccoli. Bowl of mandarins tinned in juice with one scoop of low fat ice cream.
- Spaghetti Bolognese made with dried TVP soya chunks and bottled tomato and herb sauce. Serve with 150 grams of spaghetti.
- 1 Quorn crunchy garlic and herb fillet, served with a small portion of oven chips, mushrooms and tomatoes cooked in spray oil.
- Medium portion of pasta topped with half a small jar of tomato based pasta sauce. Mix in 50g mozzarella cheese, cut into pieces just before serving One orange.
- Tofu kebabs made with 150g of cubed tofu threaded onto skewers with onion and pepper chunks. Brush with a little soya sauce and oil, and grill. Serve with 4 tbsp cooked rice and green leaves. Meringue nest with raspberries. 1 tbsp of single cream.
- Any supermarket vegetarian ready meal with no more than 400-450 calories per serving. Raspberries or strawberries.

Snacks

- Two Jaffa cakes plus a handful of grapes.
- Two finger Kit Kat plus half a mango.
- Two breadsticks with a cheese spread triangle, plus a bowl of strawberries or raspberries.
- Two ginger biscuits, plus two small kiwi fruit.
- Four dried apricots, plus 25g bag of twiglets.
- One peach plus four walnut halves or four brazil nuts.
- Two small glasses of red wine.

Drink plenty of water it helps to reduce your appetite and prevents dehydration.

