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# Healthy Vegetarian Meal Ideas – Weight Management

It is important to eat regular meals when trying to manage your weight.

Here are some ideas for healthy, balanced vegetarian meals:

## Breakfast

- Cereal (e.g. Weetabix, Bran flakes, Shredded Wheat, Shreddies, Cheerios, Cornflakes, Rice Krispies,) with semi skimmed milk/ (low fat/ diet) yoghurt, try adding chopped fresh or dried fruit.
- Toast with a scraping of margarine/low fat spread and or marmalade/ jam/ marmite/ yeast extract.
- Toast with grilled tomatoes / mushrooms/vegetarian sausage /baked beans.
- Scrambled, poached, or boiled egg on toast
- Mixed fruit and plain or diet yoghurt.
- Bagel or teacakes with a scraping of margarine/ butter/low fat spread
- Wholegrain cereal bar and a piece of fruit
- Glass of skimmed or semi skimmed milk and a cereal bar
- Glass of skimmed or semi skimmed milk and a banana
- Porridge with low fat milk

## Light meals

- Sandwiches using medium sliced bread or try bread rolls, pitta bread, tortilla wraps, chapattis or crusty bread.

Use fillings such as Quorn deli slices, boiled egg, vegetable pate, peanut butter, cottage cheese, or low fat cheese spread. Include lettuce, tomatoes and cucumber, onion or a small side salad with your sandwich.

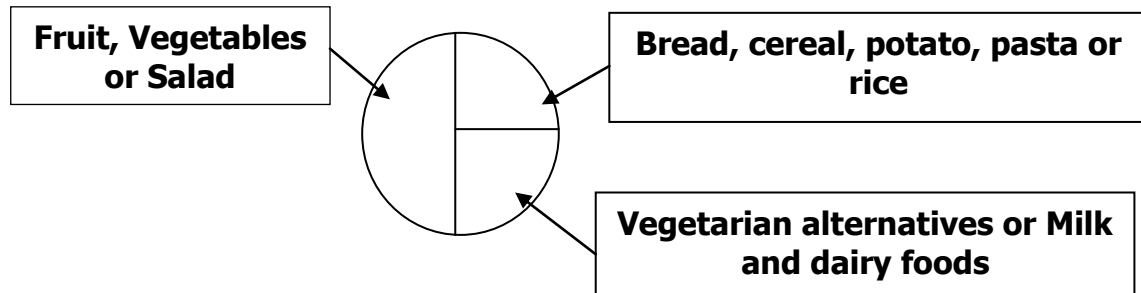
- Toast with one of the following, baked beans, grated low fat cheese and tomato, cottage cheese, poached/ boiled/ scrambled egg, grilled mushrooms, vegetarian sausage.
- Medium-sized jacket potato. Try the following fillings- baked beans, stir fry vegetables with handful of nuts or cottage cheese (plain, with pineapple or chives) and salad.
- Pasta or rice salad with beans/ low fat cheese/ egg /handful of nuts.
- Soup with bread - try adding extra vegetables to the soup. If possible go for a soup that contains pulses as this may help to keep you feeling fuller for longer
- Omelette - try with tomato, sweetcorn, mushroom, onion and herbs, stir fried vegetables, or cheese serve with bread, new potatoes or home made potato wedges.
- Large mixed salad with nuts/pulses/tofu and bread or rice

## Main meals

Should consist of foods from the following food groups (see the balance of good health)...

- Bread, potato, pasta or rice, chapatti, couscous, quinoa, yam, sweet potato, tortillas
- Fruit or vegetables or salad.
- Quorn, soya mince, tofu, beans, pulses, lentils, nuts, eggs or milk and dairy foods

Approximately half the plate at a main meal should consist of fruit, vegetables or salad,  $\frac{1}{4}$  starchy carbs and  $\frac{1}{4}$  milk and dairy - The plate below illustrates this:



- Vegetarian fajitas with black beans or pulses, peppers, cucumbers, tomatoes, lettuce, tomato salsa and low fat sour cream.
- Lentil ragu made with lentils cooked with herbs, onion, mushroom, carrots and/ or other vegetables plus tinned tomato, tomato puree and vegetable stock, or tomato based sauce; served with rice, pasta, jacket potato and extra vegetables/ salad.
- Bean or other pulse and vegetable casserole, serve with potato, rice or pasta.
- Stir fry with vegetables and Tofu/Quorn/ sliced omelette served with rice or noodles
- Stuffed peppers filled with rice, vegetables and soya /Quorn mince and cheese with salad/vegetables.
- Lasagne (vegetable/bean/quorn) with vegetables or salad
- Kebabs made with pitta bread, Quorn or Tofu or grilled halloumi cheese with grilled onions, peppers, mushrooms, served with salad/vegetables.
- Mixed bean pasta bake with salad/vegetables.
- Ratatouille (mixed tomato, onions, mushrooms, peppers simmered together until tender) served with rice, pasta or mashed potato and small amount of grated cheese
- Vegetable curry /lentil dahl plus boiled rice/ chapatti / plain naan.
- Low fat vegetarian or quorn sausage or burgers with mashed potato, peas and carrots
- Mixed bean or quorn or soya mince chilli and rice with plain yoghurt to serve
- Vegetarian cottage pie made with lentils, soya or quorn mince and served with extra vegetable

## How would you use these meal ideas to make up a daily eating plan?

Select a meal from each category, breakfast, lunch and dinner.

Spread these out evenly through the day for example 8am, 1.00pm and 6pm. In between you could choose two healthy snacks to prevent you becoming over hungry during the day, plus one treat food each day or every other day (approx 100-150kcal).

### See the example plan below

- Breakfast - 7.30am

Porridge made with skimmed or semi skimmed milk topped with raisins and 1 teaspoon of honey. 250mls Orange juice and a cup of tea or coffee with milk.

- Mid Morning - 10.30am

Cappuccino made with skimmed milk and coffee no sugar and an apple

- Lunch - 13.30pm

1 Pitta bread packed with kidney beans mixed with 2 teaspoons of light mayo and half a can of sweet corn. Served with a side salad of lettuce, cucumber and tomatoes. 2 tablespoons of reduced fat humus and carrot sticks, 1 medium banana and diet yoghurt. 1 bottle of low sugar fruit squash.

- Mid afternoon Snack - 4.00pm

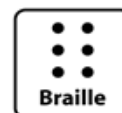
Cup of tea with 1 slice of malt loaf with 1 teaspoon of low fat spread.

- Evening meal - 6.30pm

Vegetarian Cottage pie (made with lentils) with vegetables followed by a small tin of peaches in juice, a low calorie jelly and 1 tablespoons of crème fresh. Glass of water or low calorie fruit squash

- Supper -8.30pm

Glass of flavoured or plain sparkling water and a fun sized chocolate bar or a slice of toast with low fat spread.



### If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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