

Sample Vegetarian Menus for Weight Maintenance

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Focus on: High quality, diverse, and nutrient-dense meals with lots of fresh vegetables and fruit, raw nuts and seeds, gluten free whole grains, legumes and beans.

Breakfast

- Gluten free oatmeal with coconut oil, cinnamon, chopped almonds, fresh berries
- Smoothie with protein powder (rice, hemp, or pea), kale, blueberries, chia seeds, coconut milk
- Fruit salad: green apples, pears, strawberries, cashews, lemon juice, mint leaves
- Sprouted gluten free bread toast with almond butter and carrots
- Beverage: green tea, lemon water, vegetable juice (carrots, celery, lemon)

Lunch

- Spaghetti Squash Noodles with olive oil, cucumbers, hummus, sunflower sprouts
- Rainbow salad: purple cabbage, cherry tomatoes, spinach, walnuts, olive oil, lemon juice, apple cider vinegar, Himalayan pink salt
- Black beans, brown rice, avocado, lettuce, tomatoes, steamed cauliflower and Rainbow chard
- Beverage: vegetable broth, coconut water, barley grass tea, Holy Basil tea, vegetable juice

Dinner

- Sweet potato and celery root soup, flax crackers, radish sprouts
- Chickpea miso soup, shiitake mushrooms, quinoa, steamed broccoli, pumpkin seeds
- Sautéed vegetables (onions, garlic, zucchini, bok choy, carrots, broccoli, cauliflower, shiitake mushrooms) with coconut or olive oil, lemon juice, curry powder or cumin, sesame seeds
- Beverages: Chamomile tea, Peppermint tea, vegetable juice

Snacks

- Raw nuts and seeds with fresh fruit
- Unsalted nut butter with celery, cucumbers, carrots
- Hummus with steamed zucchini or sweet potato

Booster Foods

- Green powders (wheat grass, barley grass, chlorella, spirulina)
- Sprouts: radish, mung bean, sunflower
- Spices: cumin, turmeric, curry powder, fresh garlic and onions
- Nutritional yeast
- Fermented foods: sauerkraut, kimchi, chickpea miso,

Avoid

Alcohol, Caffeine, Soda and Diet drinks, Artificial Flavors, Artificial Sweeteners, Hydrogenated Oils

References: Bauman, E, Friedlander, J. 2014. Therapeutic Nutrition. Bauman College. Penngrove, CA