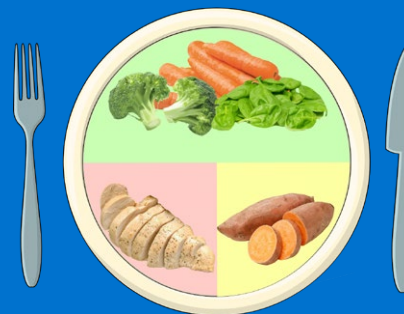


Vegetarian Low Carbohydrate Meal Plans

Top Tip

Keep the portion of carbs to a quarter of your plate



Breakfast



30g no added sugar muesli (28g carbs) 1 banana (11g carbs) 70g of mixed berries (10g carbs)

Top Tip!
Use frozen berries

Lunch



250ml of red lentil and carrot soup (22g carbs) with 1 slice of seeded bread (19g carbs)

Evening Meal



Butternut squash paella, made with butternut squash, paella rice and green beans (73g carbs)

[View recipe here](#)

Snacks



150ml glass of semi skimmed milk (7g carbs)

Total: 170g carbs

Breakfast



1 wheat biscuit, 100ml semi skimmed milk, 30g berries and 10g mixed seeds. (33g carbs)

Lunch



Pesto vegetable tray bake with squash and sweet potato (47g carbs)

[View recipe here](#)

Evening Meal



Cauliflower and broccoli bake made with plain flour, semi skimmed milk, cheese, broccoli and cauliflower (13g carbs)

[View recipe here](#)

Snacks



30g (a handful) of almonds (2g carbs)

Total: 95g carbs

! Top Tip: Buy tinned beans, lentils, fish and veg !


Breakfast



Porridge with 200ml milk (28g carbs)
70g of mixed berries (10g carbs)

Top Tip!
Use frozen berries

Lunch



250ml of carrot and parsnip soup (16g carbs)


Evening Meal



100g spiced rice with 80g of different non-starchy vegetables for variety (30g carbs)

Top Tip!
Use frozen vegetables

Snacks



125g plain yogurt and 80g peaches (18g carbs)

Total: 102g carbs

Breakfast



1 fried egg, 80g sliced tomatoes and one slice of wholemeal bread (16g carbs)

Lunch



Sweet potato curry, made with broccoli, green beans and sweet potato (32g carbs)

Evening Meal



Stir fry vegetable noodles. 100g wholewheat noodles (26g carbs) 250g tofu (5g carbs)

Top Tip!
Buy tofu on offer and freeze

Snacks



1 medium pear (11g carbs)

Total: 99g carbs

! Top Tip: Frozen berries and veg are just as good as fresh !