# 7-DAY MEAL PLANNER (1200kcal vegetarian)

## MONDAY

**Breakfast**  
Porridge oats (30g); 142ml semi-skimmed milk  
190kcal; 15.2g carbs  

**Snack**  
Low-fat, low-sugar yogurt (125g)  
74kcal; 4.5g carbs  
Melon (80g)  
19kcal; 4.5g carbs  
1 portion of fruit and veg  

**Lunch**  
Brie and grape sandwich (2 medium slices wholemeal bread; 30g Brie; 5 grapes; 10g reduced-fat spread)  
318kcal; 36.4g carbs  
1 apple  
49kcal; 11.3g carbs  
1 portion of fruit and veg  

**Snack**  
Spicy roasted chickpeas  
62kcal; 0g carbs  

**Dinner**  
Vegetable chilli  
138kcal; 21.2g carbs  
2 portions of fruit and veg  
Wholegrain rice (30g uncooked weight)  
100kcal; 23.1g carbs  
1 portion of fruit and veg  

**Total**  
1161kcal; 163.7g carbs  
5 portions of fruit and veg  

## TUESDAY

**Breakfast**  
Apple and muesli smoothie  
301kcal; 49.8g carbs  
1 portion of fruit and veg  

**Snack**  
1 tbsp almonds (10g)  
62kcal; 1g carbs  

**Lunch**  
Mulligatawny soup (or shop-bought calorie equivalent)  
123kcal; 22.8g carbs  
0.5 portion of fruit and veg  
1 slice medium toast; 10g reduced-fat spread  
97kcal; 13.58g carbs  

**Snack**  
Low-fat, low-sugar yogurt (125g)  
74kcal; 12.6g carbs  

**Dinner**  
Black eyed bean, feta and herb burger  
267kcal; 35.4g carbs  
1 portion of fruit and veg  

**Snack/dessert**  
Full of fruit sundae  
185kcal; 36.9g carbs  
2.5 portions of fruit and veg  
Semi-skimmed milk (120ml in tea/coffee)  
55kcal; 6g carbs  

**Total**  
1164kcal; 178.1g carbs  
5 portions of fruit and veg  

## WEDNESDAY

**Breakfast**  
No-added-sugar muesli (40g); 1 medium slice wholemeal toast; 10g reduced-fat spread  
247kcal; 13.88g carbs  

**Snack**  
1 apple  
49kcal; 11.3g carbs  

**Lunch**  
Medium jacket potato (175g uncooked weight); ½ tin reduced sugar and salt baked beans (208g)  
332kcal; 62.4g carbs  
1 portion of fruit and veg  

**Snack**  
2 tbsp almonds (20g)  
131kcal; 21.7g carbs  

**Dinner**  
Pasta and vegetable cheese; side salad with mixed leaves (80g); 7 cherry tomatoes  
399kcal; 54g carbs  
2.5 portions of fruit and veg  

**Snack/dessert**  
Grapes (80g)  
50kcal; 12.2g carbs  
1 portion of fruit and veg  
Semi-skimmed milk (120ml in tea/coffee)  
55kcal; 6g carbs  

**Total**  
1192kcal 107.38g carbs  
6 portions of fruit and veg  

## THURSDAY

**Breakfast**  
2 medium poached eggs; 1 medium slice wholemeal toast; 10g reduced-fat spread  
208kcal; 16.4g carbs  
1 portion of fruit and veg  

**Snack**  
Low-fat, low-sugar yogurt (125g)  
74kcal; 12.6g carbs  
1 pear  
64kcal; 16.4g carbs  
1 portion of fruit and veg  

**Lunch**  
Hearty minestrone soup (or shop-bought calorie equivalent)  
339kcal; 1.4g carbs  
2.5 portion of fruit and veg  

**Snack**  
1 wholemeal fruit bar  
131kcal; 21.7g carbs  

**Dinner**  
Tofu noodle stir-fry  
208kcal; 22.8g carbs  
2.5 portion of fruit and veg  

**Snack/dessert**  
Low-fat, low-sugar yogurt (125g)  
74kcal; 12.6g carbs  
Semi-skimmed milk (120ml in tea/coffee)  
55kcal; 6g carbs  

**Total**  
1192kcal 107.38g carbs  
6 portions of fruit and veg  

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FRIDAY

**Breakfast**
2 Weetabix; 200ml semi-skimmed milk
226kcal; 38g carbs

**Snack**
Banana (100g weight without skin)
81kcal; 20.3g carbs
1 portion of fruit and veg

**Lunch**
Egg mayonnaise sandwich
(1 medium egg, 2 slices wholemeal medium bread, 1 tbsp reduced-fat mayo)
306kcal; 28.48g carbs
1 orange
30kcal; 7g carbs
1 portion of fruit and veg

**Snack**
Popcorn (plain 18g)
31kcal; 6.2g carbs

**Dinner**
Pasta in brodo
401kcal; 60g carbs
4 portions of fruit and veg

**Snack/dessert**
Low-fat, low-sugar yogurt (125g)
74kcal; 12.6g carbs
1 apple
49kcal; 11.3g carbs
1 portion of fruit and veg

Total
1204kcal; 178.58g carbs
6 portions of fruit and veg

SATURDAY

**Breakfast**
Reduced sugar and salt baked beans (1/3 tin; 140g) on 1 medium slice of wholemeal toast; 10g reduced-fat spread
216kcal; 35.6g carbs
1 portion of fruit and veg

**Snack**
Low-fat, low-sugar yogurt (125g)
74kcal; 12.6g carbs
1 apple
49kcal; 11.3g carbs
1 portion of fruit and veg

**Lunch**
Goat’s cheese and roast vegetable pan bagnat
347kcal; 48g carbs
2.5 portions of fruit and veg

**Snack**
20g dried fruit and nuts
89kcal; 9g carbs

**Dinner**
Vegetarian shepherd’s pie with sweet potato mash
221kcal; 42.8g carbs
2 portions of fruit and veg

**Snack/dessert**
Low-fat, low-sugar yogurt (125g)
74kcal; 12.6g carbs
2 dried unsweetened dates
81kcal; 20.4g carbs
Semi-skimmed milk (120ml in tea/coffee)
55kcal; 6g carbs

Total
1206kcal; 198.3g carbs
6.5 portions of fruit and veg

SUNDAY

**Breakfast**
Very berry porridge
317kcal; 41.6g carbs
2 portions of fruit and veg

**Snack**
60g of 0% fat cottage cheese; 90g cucumber
49kcal; 4.6g carbs
1 portion of fruit and veg

**Lunch**
1 poached egg, 50g mushrooms and 1 medium tomato (85g) on 2 slices of wholemeal toast; 10g reduced-fat spread
256kcal; 17.38g carbs
1.5 portion of fruit and veg

**Snack**
2 clementines
90kcal; 10g carbs
1 portion of fruit and veg

**Dinner**
Vegetable and chickpea tagine
374kcal; 63.9g carbs
2.5 portions of fruit and veg

**Snack/dessert**
Low-fat, low-sugar yogurt (125g)
74kcal; 12.6g carbs
Semi-skimmed milk (120ml in tea/coffee)
55kcal; 6g carbs

Total
1215kcal; 156.1g carbs
8 portions of fruit and veg

SHOPPING LIST:
Planning is the key to success. Make sure you have all the ingredients for the week in your cupboards before you start.

KEY:

- Nutritional information
- All recipes in green are on our website at: www.diabetes.org.uk/recipes

Sign up to the monthly Enjoy Food e-newsletter at: www.diabetes.org.uk/enjoyfood

or contact us at: enjoyfood@diabetes.org.uk