

A week in the life... of a (mostly) vegetarian

Have you ever been curious what a (mostly) vegetarian diet really looks like? Do you think it might be impossible to achieve? Well, this is what I am eating this week. It's a sneak peek into the life of a (mostly) vegetarian, as well as a healthy food co-insure.

### **Sunday**

Breakfast: Fried egg on a slice of toast, bran cereal with soymilk

Lunch: Guacamole Black Bean Burritos

Dinner: Frozen Cheese Pizza

### **Monday**

Breakfast: Bran cereal with soymilk and cinnamon, Protein Shake

Lunch: Wild Rice Vegetable Soup (made Sunday afternoon), Diced cantaloupe, Broccoli

Dinner: Fish cakes with spinach side salad with almonds and dried cranberries

### **Tuesday**

Breakfast: Bran cereal with soymilk and cinnamon, Protein Shake

Lunch: Wild Rice Vegetable Soup, Blood orange, Cut carrots

Dinner: Arugula Pesto Pasta with Garlic Bread

### **Wednesday**

Breakfast: Bran cereal with Greek yogurt, Protein Shake

Lunch: Leftover Arugula Pesto Pasta, Cut carrots and broccoli

Dinner: Blue Cheese Wedge Salad

### **Thursday**

Breakfast: Bran cereal with Greek Yogurt, Protein Shake

Lunch: Wild Rice Vegetable Soup, Blood orange, Broccoli

Dinner: Eating out at a local Thai food restaurant (I had a tofu stir fry called Pad Tao Hoo)

### **Friday**

Breakfast: Bran cereal with soymilk and raspberries, Protein Shake

Lunch: Leftover Pad Tao Hoo, Diced cantaloupe

Dinner: Leftover fish cakes with spinach side salad with almonds and dried cranberries

### **Saturday**

Breakfast: Bran cereal with soymilk and raspberries, Protein Shake

Lunch: Leftover Blue Cheese Wedge Salad, Diced cantaloupe

Dinner: Black Bean Corn and Spinach Quesadillas

### **Snacks**

Air popped popcorn, roasted peanuts, salsa & tortilla chips, dark chocolate squares

### **The Plan:**

**Protein Sources:** We ate a variety of different protein sources including cheese, nuts (in the arugula pesto), tofu, fish, and beans. Also, we have a protein shake every morning to stay on the right track for our workout routine. We like Garden of Life Chocolate.

**Meal Prep:** I cooked the fish for fish cakes and the wild rice and vegetable soup on Sunday, therefore we did an easy meal of frozen pizza on Sunday. (Yes, we could have eaten the soup, but we would not have had enough servings for lunch all week long.)

**Take a night off/Use it up:** We ate leftovers 4 times (besides the prepped lunch soup), and ate out once. I made 2 different meals using up my black beans and tortillas.

**Get Your Vegetables:** Every meal had veggies, or was served with a veggie side (except Sunday, oops!). Also, I served fruit and veggies with our lunches every day.

**Munchies:** Easy and mostly whole store bought snacks were available.

**Breakfast:** What should I say, we like bran cereal?!? It's easy to prep and we can mix it up with Greek yogurt, cinnamon, or frozen fruit. On Sunday we had an extra treat of eggs and toast.

**Vegetarian:** To make this a completely vegetarian meal plan, make chickpea cakes in place of fish cakes.

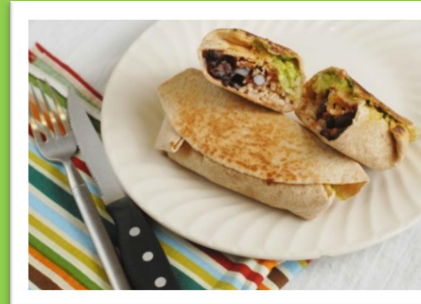
### **Ideas for Next Week:**

1. Sandwiches for lunches to use up the bread
2. Pecan Lentil Tacos to use up the sour cream and cheddar cheese
3. Mix up lunch fruit with bananas and pineapple, eat up celery.
4. Since I'm buying pineapple, we'll add Pineapple Fried Rice to the dinner plan, and it will use up some rice too!
5. Use up arugula in a side salad, or make extra pesto to freeze for later.
6. Add dried cranberries to the snack list.

## The Grocery List

3/12/2017 A Week in the Life of a Vegetarian  
By Alison's Allspice  
[www.alisonsallspice.com/a-week-in-the-life-of-a-vegetarian](http://www.alisonsallspice.com/a-week-in-the-life-of-a-vegetarian)

**Note:** Pantry staples are left off the list!  
Examples: Seasonings, oil, broth, mustard



### **Dairy:**

Cheddar cheese  
Blue Cheese  
Parmesan  
Sour Cream  
Greek Yogurt  
Soy milk  
Eggs  
Mayo

### **Produce:**

Spinach  
Avocado  
Mushrooms  
Onion  
Arugula  
Tomatoes  
Iceberg Lettuce  
Cantaloupe  
Oranges  
Carrots  
Broccoli  
Celery

### **Frozen/other:**

Salsa  
Frozen Corn  
Frozen Raspberries  
Frozen Pizza  
White Beans  
Black Beans  
Dried Cranberries  
Almonds  
Protein Mix  
Tortilla Chips  
Popcorn  
Peanuts  
Dark Chocolate

### **Grains:**

Wild Rice Blend  
Brown Rice  
Whole Wheat Pasta  
Whole Wheat Tortillas  
Bran Cereal  
Whole Wheat Bread