

MEATLESS MARCH WEEK 4 - BY SARAH RUSH RD

MONDAY 5th	TUESDAY 6th	WEDNESDAY 7th	THURSDAY 8th	FRIDAY 9th
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal/porridge 1tbs ground flax seed Blueberries or mixed Berries Coffee/tea	High fibre cereal 1% milk 1/4 cup sliced almonds 1/4 cup berries mandarins Coffee/tea	Oat bran muffin or Hard cooked egg Whole grain toast 1/2 banana Coffee/tea	Probiotic yogurt 1-2 tsp ground flax seed 1/2 Blueberries Whole grain toast jam/peanut butter Coffee/tea	High fibre cereal 1% milk 1/4 cup nuts Apple or Pear Coffee/tea
Lunch	Lunch	Lunch	Lunch	Lunch
Sandwich and soup or Salad Fruit and yogurt	Quiche with salad Banana loaf	Veggie soup Slice of whole grain bread or crackers sprinkle with ground flax seed.	Left over pizza fruit and yogurt	Sandwich and salad Make with egg if you eat them. Kiwi fruit
Dinner	Dinner	Dinner	Dinner	Dinner
Veggie "Nando's" Burger. Sauté meatless chicken tenders in Nando's sauce Oven fries and coleslaw. Banana split	Tofu Pad Thai with flat rice noodles. Add beans, spring onions, peppers. ice cream and chocolate sauce	Pizza night Make at home, take out or buy in store Cinnamon pears Ginger snap cookie	Creamy mushroom and spinach linguini with pine nuts. Garden salad Garlic toast Chocolate pudding	Roasted cauliflower, cashew and coconut milk curry. Jasmin rice Nan bread Apple oatmeal crisp (with flax seed)
Snack ideas	Snack ideas	Snack ideas	Snack ideas	Snack ideas
Flavoured soy milk 1/4 cup mixed nuts Banana	Trail mix with nuts and fruit Grapes	Soy pudding or milk kiwi fruit	1/4 cup almonds Banana	Probiotic yogurt Pear



Notes

Ground flax seed is high in fiber and a good vegetarian source of Omega 3 fats. To check tolerance start by adding 1-2 teaspoons a few times a week and up to 1 tablespoon a day. Ground Flax can be easily added to yogurts, soups and baking.

Aim to reach 7-8 portions of fruit and vegetables a day. Increase the amount you eat by 1-2 portions a day, weekly, until this level is reached.

A healthy gut requires both probiotics - supplied by the probiotic yogurt and prebiotics (types of fiber included in the menu) which supply nutrients to the

When eating more fiber the body requires approximately 8 glasses of fluids a day. This includes tea and coffee but water should also be the most frequent

Questions ? - email Sarah@sarahrushRD.com

MSC.

SATURDAY 10th	SUNDAY 11th
Breakfast	Breakfast
Whole wheat pancakes 1/2 cup of Berries Activa yogurt banana Coffee/tea	French Toast with fruit add cinnamon to the egg mixture for extra flavor Coffee/tea
Lunch	Lunch
Homity pie. Side of raw veggies, carrots, cucumber celery, tomatoes mixed fruit juice	Ploughmans lunch Cheese, salad, pickle crusty bread. fruit salad
Dinner	<i>Dinner</i>
Sushi and Tempura. Take out	<i>Vegetarian Goulash Spätzle or mashed potato or crusty bread Cabbage or kale.</i>
Fruit topped meringues	<i>pineapple slices</i>
Snack ideas	Snack ideas
Flavoured soy milk Small bran muffin	Mango/papaya

