



No.1TM
**super
fast
diet**
...

3-DAY METHOD VEGETARIAN SAMPLE DAY

Low calorie doesn't have to mean 'still hungry'. Chow down on this clever and creative cuisine, designed specifically for vegetarian foodies following the three-day method.

sample day menu[™]

These hearty and healthy 3-Day Method meal ideas are fresh, flavourful and fast-fail-safe. These marvelous munchies will make your day mouth-watering. They were designed to be devoured too, so dig in. (No need to check the calories – we’ve done the hard work for you!)

HERE'S SOME GREAT SAMPLE CHOICES FOR 1000 CALORIE TIMES:



BREAKFAST: YOGHURT WITH QUINOA & APRICOTS (273 CALORIES) & TEA



MORNING TEA: ZESTY DATES (99 CALORIES)



LUNCH: THAI GREEN PAPAYA SALAD (107 CALORIES)



AFTERNOON TEA: SWEET APPLE CHIPS (80 CALORIES) & TEA/BLACK COFFEE



DINNER: FARRO PILAF WITH BROWN MUSHROOMS & BROCCOLINI (296 CALORIES)



AFTER DINNER: TEA, BLACK COFFEE, HERBAL TEA (0 CALORIES)

...AND THAT'S ONLY 855 CALORIES! NOT BAD, IS IT?

yoghurt with quinoa & apricots

- ☐ 5 dried apricots,
- ☐ roughly chopped (35g)
- ☐ ¼ cup quinoa, rinsed (42.5g)
- ☐ 1 teaspoon pure maple syrup
- ☐ 50g low-fat plain yoghurt

Cook the dried apricots and quinoa in a pan of boiling water for 15 minutes or until softened. Drain well and sweeten with the maple syrup. Serve the yoghurt topped with quinoa and apricot mix.

273 CAL PER SERVE

SERVES 1

BREAKFAST



zesty dates

- ☐ 3 Medjool dates
- ☐ 1 tablespoon of low fat ricotta
- ☐ pinch of orange zest

Fill the three Medjool dates with one tablespoon of low fat ricotta. Add a pinch of orange zest, and you're done. It's that simple!

99 CAL PER SERVE

SERVES 1

MORNING TEA

thai green papaya salad

- ☐ 1 medium green (unripe) papaya, 300g
- ☐ finely grated zest of one lime & juice of two limes
- ☐ 60g Asian snake beans or substitute green beans
- ☐ 6 cherry tomatoes
- ☐ 2 large cloves garlic
- ☐ 3-4 red Thai bird's eye (bullet) chilies
- ☐ 2 tablespoons dried Thai shrimp, optional
- ☐ 2 tablespoons palm sugar
- ☐ 2-3 tbsp Thai fish sauce, nam pla
- ☐ ¼ cup coriander leaves
- ☐ ¼ cup mint leaves
- ☐ ¼ cup unsalted raw peanuts, toasted

Peel and grate the papaya into long shreds. Finely grate the zest of one lime over the papaya shreds. Toss gently to combine. Top and tail beans, then slice into 2-3cm lengths. Slice the cherry tomatoes in half. Using a mortar and pestle lightly crush until the beans and tomatoes. Pound the garlic and chilies in a mortar and pestle until they form a smooth paste. Add dried shrimp and shaved palm sugar, and continue to pound until the sugar has dissolved. Add peanuts and lightly pound. Stir through fish sauce and fresh lime juice and pour over the shredded papaya, beans, tomatoes. Sprinkle over a tablespoon of crushed peanuts for garnish.

107 CAL PER SERVE

SERVES 6

LUNCH



farro pilaf with brown mushrooms & broccolini

- ☐ 6 teaspoons extra-virgin olive oil, divided
- ☐ 1 red onion, finely chopped
- ☐ 1 garlic clove, minced
- ☐ 1 cup farro perlato
- ☐ 1¼ cups hot chicken or vegetable stock
- ☐ 300g Swiss brown mushrooms, sliced
- ☐ 1 cup silverbeet or spinach, shredded
- ☐ 1 bunch broccolini, sliced on the diagonal
- ☐ ½ cup Italian parsley leaves, finely chopped
- ☐ 3 sprigs thyme leaves

Add onions and garlic to fry pan and sauté until soft and translucent. Add farro and stir to coat the grains. Then add the hot stock. Season with salt and pepper to taste and bring to the boil. Reduce heat to low. Cover and simmer until farro is tender but chewy and liquid is absorbed, about 50-55 minutes. Heat the remaining oil in fry pan. Stir fry mushrooms, silverbeet and broccolini until just tender. Add parsley and thyme. Stir well to combine. Remove from heat and set aside. Remove farro from heat and fluff with a fork. Stir through the mushroom, broccolini and silverbeet mixture. Serve.

296 CAL PER SERVE

SERVES 4

DINNER