



PART-DAY METHOD VEGETARIAN SAMPLE DAY

The part-day method gives you plenty of glorious calories to play with. Feast your eyes on these fabulous, filling and fast-friendly meal ideas especially for vegetarian foodies!

sample day menu[™]

Taste the rainbow with these delish dishes: they're scrumptious, skinny and super-simple too. Bet you didn't believe that 'diet food' could ever look this good? You'll be longing for these luscious little lovelies even on feast days. (No need to check the calories – we've done the hard work for you.) #Nom!

HERE'S SOME GREAT SAMPLE CHOICES:



LATE MORNING TEA: 1 LARGE CAPUCCINO (110 CALORIES) & 1 BOILED EGG (70 CALORIES)



LUNCH: CURRY FRITTERS (230 CAL) & BEETROOT WITH ORANGE (332 CALORIES)



AFTERNOON TEA: GREEK YOGHURT, 1 TBSP HONEY, 3 BLACKBERRIES, 1/4 CUP RASPBERRIES & 1/4 BLUEBERRIES (200 CAL)



DINNER: SESAME AND SHITAKE MUSHROOM SOBA NOODLES WITH KALE (239 CALORIES)



DESSERT: SPICY MANGO, LIME AND CHILI PALETAS (113 CALORIES)



SWEET TREAT: 3 SQUARES OF LINDT 70% DARK CHOCOLATE (170 CALORIES) & TEA

...AND THAT'S ONLY 1464 CALORIES! NOT BAD, IS IT?

curry carrot fritters

- ☐ 1 carrot, grated
- ☐ ½ cup corn kernels
- ☐ 1 spring onion, sliced
- ☐ ½ teaspoon curry powder
- ☐ 3 egg whites, lightly beaten
- ☐ small handful coriander leaves
- ☐ sea salt and pepper, to season
- ☐ 1 teaspoon coconut or olive oil, for frying

Place the carrot, corn, spring onion, curry powder, egg whites and coriander into a bowl and mix to combine. Season with salt and pepper. Heat the oil in a small non-stick frying pan over a medium heat, add tablespoons of the fritter mix to the pan and cook for three minutes on each side or until browned and cooked through. Serve with Beetroot with Red Onion, Orange & Apple Cider Vinegar (below).

230 CAL PER SERVE

SERVES 1

LUNCH



beetroot with red onion, orange & apple cider vinegar

- ☐ 1 fresh beetroot bulb, peeled and very thinly sliced (using a mandoline, if you have one) (120g)
- ☐ ½ small fennel bulb, very thinly sliced (75g)
- ☐ 1 red onion, very thinly sliced
- ☐ 1 orange, segmented
- ☐ 1 teaspoon Dijon mustard
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon extra virgin olive oil

Place the beetroot, onion, fennel and orange into a bowl and mix to combine. Whisk together the mustard, vinegar and olive oil and pour over the salad and gently toss to combine. Allow to stand for 30 minutes before serving.

332 CAL PER SERVE

SERVES 1

LUNCH

sesame & shitake mushroom soba noodles with kale

- ☐ 270g packet soba noodles
- ☐ 1 cup crispy shredded kale
- ☐ 3cm piece of ginger, peeled and coarsely grated
- ☐ 2 cloves of garlic, peeled and coarsely grated
- ☐ 250g punnet shiitake mushrooms, thinly sliced
- ☐ 4 long green spring onions, finely sliced on the diagonal
- ☐ ¼ cup light soy sauce
- ☐ 1 tablespoon mirin (Japanese sweet rice wine)
- ☐ 2 tablespoons unseasoned rice wine vinegar
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon sesame seeds, lightly toasted for garnish

Heat the oil in a wok over medium-high heat. Add ginger and garlic, sauté until fragrant, about 30 seconds. Add the shiitake mushrooms. Stir fry until tender and just starting to brown. Reduce heat to medium, then add spring onions. Continue to cook until the onions just begin to wilt. In the meantime, bring a large saucepan of salted water to the boil. Add the soba noodles and cook for three to four minutes or until tender. Drain. Transfer to a large bowl. Meanwhile place the soy sauce, mirin, vinegar and sugar in a bowl & whisk. Pour over the noodles. Add the shitake mushroom mixture and the crispy kale. Toss well to combine. Scatter over the toasted sesame seeds. Serve.

239 CAL PER SERVE

SERVES 6

DINNER



spicy mango, lime and chili paletas

- ☐ ½ cup sugar
- ☐ 1 cup water
- ☐ 1 long red chili, split in half, de seeded & chopped
- ☐ 4 (about 3 cups) mangoes, diced
- ☐ juice and finely grated zest of 1 lime
- ☐ 1 teaspoon salt

Make a simple syrup by combining the sugar and water in a small saucepan. Cook over medium heat, stirring until the sugar dissolves. Add the long red chili and simmer over low heat for five minutes. Pour the syrup into a glass jar. Refrigerate until cool. Strain mixture through a fine sieve before using. Finely dice one cup of mango. Puree the remaining mango with the chili infused simple syrup, salt, lime juice and zest in a blender until smooth. Stir through the finely diced mango. Divide the mixture among the paleta moulds. Leave up to a one centimetre buffer from the top of the moulds. Snap on the lids and freeze until mixture begins to set around edges, about 45–60 minutes. Insert sticks and freeze until solid, about four – five hours.

113 CAL PER SERVE

SERVES 10

DESSERT