



*The*  
**RITEDIET**  
MEAL PLANS &  
NUTRITION SYSTEM  
VEGETARIAN EDITION

**1500 Kcal**

**RITE FITNESS**  
PERSONAL TRAINING

*By Damien Rooney*

# Monday:

Kcal	Carbs	Fats	Protein
1550	164g	69.6g	75.1g

## Breakfast:

### *Omelette -*

**336kcal, 20.1g Carbs, 19.8g Fat, 22.5g Protein**

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- Tomato (1/2 Cup) (25 Calories, Carbs 5g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (15 Calories, Carbs 2.8g, Fat 0.1g, Protein 0.5g)

## Snack:

### *Mixed Berries -*

**65kcal, 15.8g Carbs, 0.4g Fat, 1g Protein**

- Fresh Blueberries (1/2 Cup) (40 Calories, Carbs 10g, Fat 0.2g, Protein 0.5g)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)

## Lunch:

### *Chilli Roasted Chickpeas with Baked Potato and Steamed Asparagus -*

**560kcal, 79g Carbs, 18.1g Fat, 18.3g Protein**

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Chickpeas (1 Cup) (200 Calories, Carbs 34g, Fat 3g, Protein 10g)
- Chilli Powder (1 Tbsp) (24 Calories, Carbs 0g, Fat 0g, Protein 0g)
- Baked Potato (1 Medium) (161 Calories, Carbs 37g, Fat 0.2g, Protein 4.3g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 4g)

## Snack:

### *Mashed Avocado on Rye Toast -*

**187kcal, 19g Carbs, 11.5g Fat, 3.5g Protein**

- Avocado (1 Half) (117 Calories, Carbs 6g, Fat 10.5g, Protein 1.5g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

## Dinner:

### *Vegetable Stir Fry -*

**261kcal, 27.4g Carbs, 15.5g Fat, 6.2g Protein**

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Spinach (2 Cups) (14 Calories, Carbs 2.2g, Fat 0.2g, Protein 1.8g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (14 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Grated Carrot (1/2 Cup) (24 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Mushrooms (1 Cup) (16 Calories, Carbs 2.2g, Fat 0.2g, Protein 2.2g)
- Balsamic Vinegar (2 Tbsp) (28 Calories, Carbs 5.4g, Fat 0g, Protein 0.2g)

## Snack:

### *Protein Yoghurt -*

**141kcal, 2.7g Carbs, 4.3g Fat, 23.6g Protein**

- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Natural Greek Yoghurt (2 Tbsp) (50 Calories, Carbs 2.2g, Fat 3.8g, Protein 1.6g)

# Tuesday:

Kcal	Carbs	Fats	Protein
1595	164.8g	61.8g	110.2g

## Breakfast:

*Overnight Oats (Just mix all ingredients in a container, and soak overnight) -*

**417kcal, 35.8g Carbs, 7.2g Fat, 51.5g Protein**

- Organic Oats (1/2 Cup) (150 Calories, Carbs 27g, Fat 2.5g, Protein 6g)
- Almond Milk (1 Cup) (60 Calories, Carbs 2g, Fat 3.5g, Protein 1g)
- Water (1/2 -1 Cup)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)
- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)

## Snack:

*Berries with Yoghurt -*

**107kcal, 10.7g Carbs, 6.1g Fat, 3.2g Protein**

- Fresh Raspberries (1/2 Cup) (32 Calories, Carbs 7.4g, Fat 0.4g, Protein 0.8g)
- Natural Greek Yoghurt (3 Tbsp) (75 Calories, Carbs 3.3g, Fat 5.7g, Protein 2.4g)

## Lunch:

*Grilled Halloumi with Roasted Sweet Potato and Steamed Mangetout -*

**477kcal, 41.3g Carbs, 27.1g Fat, 17.5g Protein**

- Halloumi (50g) (158 Calories, Carbs 1.3g, Fat 12g, Protein 11.3g)
- Sweet Potato (1 Cup) (114 Calories, Carbs 28g, Fat 0.2g, Protein 2.2g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Mangetout (1 Cup) (70 Calories, Carbs 12g, Fat 0g, Protein 4g)

## Snack:

*Apple with Nut Butter -*

**170kcal, 26g Carbs, 8g Fat, 2.5g Protein**

- Apple (1 Whole) (80 Calories, Carbs 22g, Fat 0g, Protein 0g)
- Organic Cashew Butter (1 Tbsp) (90 Calories, Carbs 4g, Fat 8g, Protein 2.5g)

## Dinner:

*Pan Fried Curried Lentils with Carrot and Parsnip Mash -*

**308kcal, 63.3g Carbs, 5.4g Fat, 12.5g Protein**

- Lentils (1/2 Cup) (115 Calories, Carbs 20g, Fat 0.4g, Protein 9g)
- Curry Powder (1 Tsp) (7 Calories, Carbs 1.2g, Fat 0.3g, Protein 0.3g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Carrots (1 Cup) (70 Calories, Carbs 24g, Fat 0g, Protein 2g)
- Parsnips (1 Cup) (75 Calories, Carbs 18g, Fat 0.3g, Protein 1.2g)

## Snack:

*Dark Chocolate -*

**106kcal, 6.6g Carbs, 8g Fat, 1.4g Protein**

- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)

# Wednesday:

Kcal	Carbs	Fats	Protein
1456	163.3g	56.3g	92.8g

## Breakfast:

*Poached Eggs with Mashed Avocado on Rye Toast -*

**397kcal, 22g Carbs, 26.5g Fat, 21.5g Protein**

- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Avocado (1 Half) (117 Calories, Carbs 6g, Fat 10.5g, Protein 1.5g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

## Snack:

*Melon -*

**32kcal, 8g Carbs, 0.1g Fat, 0.5g Protein**

- Honeydew Melon (1/2 Cup) (32 Calories, Carbs 8g, Fat 0.1g, Protein 0.5g)

## Lunch:

*Baked Garlic Mushrooms with Baby Boiled Potatoes and Broccoli -*

**363kcal, 71.6g Carbs, 5.5g Fat, 11.9g Protein**

- Mushrooms (1 Cup) (16 Calories, Carbs 2.2g, Fat 0.2g, Protein 2.2g)
- Garlic Pepper (1 Tsp) (7 Calories, Carbs 1.3g, Fat 0.1g, Protein 0.3g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Baby Boiled Potatoes (1 Cup) (252 Calories, Carbs 58.8g, Fat 0.3g, Protein 5.5g)
- Broccoli (1 Cup) (47 Calories, Carbs 9.2g, Fat 0.5g, Protein 3.9g)

## Snack:

*Pistachios -*

**85kcal, 3.5g Carbs, 7g Fat, 3.5g Protein**

- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)

## Dinner:

*Pan Fried Kidney Beans with Sauteed Vegetables -*

**317kcal, 37.2g Carbs, 15.8g Fat, 10.4g Protein**

- Kidney Beans (1 Cup) (110 Calories, Carbs 20g, Fat 0.5g, Protein 7g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Spinach (2 Cups) (14 Calories, Carbs 2.2g, Fat 0.2g, Protein 1.8g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (14 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Balsamic Vinegar (1 Tbsp) (14 Calories, Carbs 2.7g, Fat 0g, Protein 0.1g)

## Snack:

*Protein Shake -*

**262kcal, 21g Carbs, 1.4g Fat, 45g Protein**

- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- Fresh Blueberries (1 Cup) (80 Calories, Carbs 20g, Fat 0.4g, Protein 1g)
- Water (1 Cup)

# Thursday:

Kcal	Carbs	Fats	Protein
1550	164g	69.6g	75.1g

## Breakfast:

### *Omelette -*

**336kcal, 20.1g Carbs, 19.8g Fat, 22.5g Protein**

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- Tomato (1/2 Cup) (25 Calories, Carbs 5g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (15 Calories, Carbs 2.8g, Fat 0.1g, Protein 0.5g)

## Snack:

### *Mixed Berries -*

**65kcal, 15.8g Carbs, 0.4g Fat, 1g Protein**

- Fresh Blueberries (1/2 Cup) (40 Calories, Carbs 10g, Fat 0.2g, Protein 0.5g)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)

## Lunch:

### *Chilli Roasted Chickpeas with Baked Potato and Steamed Asparagus -*

**560kcal, 79g Carbs, 18.1g Fat, 18.3g Protein**

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Chickpeas (1 Cup) (200 Calories, Carbs 34g, Fat 3g, Protein 10g)
- Chilli Powder (1 Tbsp) (24 Calories, Carbs 0g, Fat 0g, Protein 0g)
- Baked Potato (1 Medium) (161 Calories, Carbs 37g, Fat 0.2g, Protein 4.3g)
- Asparagus Spears (1 Cup) (40 Calories, Carbs 8g, Fat 0g, Protein 4g)

## Snack:

### *Mashed Avocado on Rye Toast -*

**187kcal, 19g Carbs, 11.5g Fat, 3.5g Protein**

- Avocado (1 Half) (117 Calories, Carbs 6g, Fat 10.5g, Protein 1.5g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

## Dinner:

### *Vegetable Stir Fry -*

**261kcal, 27.4g Carbs, 15.5g Fat, 6.2g Protein**

- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Spinach (2 Cups) (14 Calories, Carbs 2.2g, Fat 0.2g, Protein 1.8g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (14 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Grated Carrot (1/2 Cup) (24 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Mushrooms (1 Cup) (16 Calories, Carbs 2.2g, Fat 0.2g, Protein 2.2g)
- Balsamic Vinegar (2 Tbsp) (28 Calories, Carbs 5.4g, Fat 0g, Protein 0.2g)

## Snack:

### *Protein Yoghurt -*

**141kcal, 2.7g Carbs, 4.3g Fat, 23.6g Protein**

- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Natural Greek Yoghurt (2 Tbsp) (50 Calories, Carbs 2.2g, Fat 3.8g, Protein 1.6g)

# Friday:

Kcal	Carbs	Fats	Protein
1595	164.8g	61.8g	110.2g

## Breakfast:

*Overnight Oats (Just mix all ingredients in a container, and soak overnight) -*

**417kcal, 35.8g Carbs, 7.2g Fat, 51.5g Protein**

- Organic Oats (1/2 Cup) (150 Calories, Carbs 27g, Fat 2.5g, Protein 6g)
- Almond Milk (1 Cup) (60 Calories, Carbs 2g, Fat 3.5g, Protein 1g)
- Water (1/2 -1 Cup)
- Fresh Strawberries (1/2 Cup) (25 Calories, Carbs 5.8g, Fat 0.2g, Protein 0.5g)
- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)

## Snack:

*Berries with Yoghurt -*

**107kcal, 10.7g Carbs, 6.1g Fat, 3.2g Protein**

- Fresh Raspberries (1/2 Cup) (32 Calories, Carbs 7.4g, Fat 0.4g, Protein 0.8g)
- Natural Greek Yoghurt (3 Tbsp) (75 Calories, Carbs 3.3g, Fat 5.7g, Protein 2.4g)

## Lunch:

*Grilled Halloumi with Roasted Sweet Potato and Steamed Mangetout -*

**477kcal, 41.3g Carbs, 27.1g Fat, 17.5g Protein**

- Halloumi (50g) (158 Calories, Carbs 1.3g, Fat 12g, Protein 11.3g)
- Sweet Potato (1 Cup) (114 Calories, Carbs 28g, Fat 0.2g, Protein 2.2g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Mangetout (1 Cup) (70 Calories, Carbs 12g, Fat 0g, Protein 4g)

## Snack:

*Apple with Nut Butter -*

**170kcal, 26g Carbs, 8g Fat, 2.5g Protein**

- Apple (1 Whole) (80 Calories, Carbs 22g, Fat 0g, Protein 0g)
- Organic Cashew Butter (1 Tbsp) (90 Calories, Carbs 4g, Fat 8g, Protein 2.5g)

## Dinner:

*Pan Fried Curried Lentils with Carrot and Parsnip Mash -*

**308kcal, 63.3g Carbs, 5.4g Fat, 12.5g Protein**

- Lentils (1/2 Cup) (115 Calories, Carbs 20g, Fat 0.4g, Protein 9g)
- Curry Powder (1 Tsp) (7 Calories, Carbs 1.2g, Fat 0.3g, Protein 0.3g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Carrots (1 Cup) (70 Calories, Carbs 24g, Fat 0g, Protein 2g)
- Parsnips (1 Cup) (75 Calories, Carbs 18g, Fat 0.3g, Protein 1.2g)

## Snack:

*Dark Chocolate -*

**106kcal, 6.6g Carbs, 8g Fat, 1.4g Protein**

- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)

# Saturday:

Kcal	Carbs	Fats	Protein
1456	163.3g	56.3g	92.8g

## Breakfast:

*Poached Eggs with Mashed Avocado on Rye Toast -*

**397kcal, 22g Carbs, 26.5g Fat, 21.5g Protein**

- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Avocado (1 Half) (117 Calories, Carbs 6g, Fat 10.5g, Protein 1.5g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

## Snack:

*Melon -*

**32kcal, 8g Carbs, 0.1g Fat, 0.5g Protein**

- Honeydew Melon (1/2 Cup) (32 Calories, Carbs 8g, Fat 0.1g, Protein 0.5g)

## Lunch:

*Baked Garlic Mushrooms with Baby Boiled Potatoes and Broccoli -*

**363kcal, 71.6g Carbs, 5.5g Fat, 11.9g Protein**

- Mushrooms (1 Cup) (16 Calories, Carbs 2.2g, Fat 0.2g, Protein 2.2g)
- Garlic Pepper (1 Tsp) (7 Calories, Carbs 1.3g, Fat 0.1g, Protein 0.3g)
- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Baby Boiled Potatoes (1 Cup) (252 Calories, Carbs 58.8g, Fat 0.3g, Protein 5.5g)
- Broccoli (1 Cup) (47 Calories, Carbs 9.2g, Fat 0.5g, Protein 3.9g)

## Snack:

*Pistachios -*

**85kcal, 3.5g Carbs, 7g Fat, 3.5g Protein**

- Pistachios (1/4 Cup) (85 Calories, Carbs 3.5g, Fat 7g, Protein 3.5g)

## Dinner:

*Pan Fried Kidney Beans with Sautéed Vegetables -*

**317kcal, 37.2g Carbs, 15.8g Fat, 10.4g Protein**

- Kidney Beans (1 Cup) (110 Calories, Carbs 20g, Fat 0.5g, Protein 7g)
- Extra Virgin Rapeseed Oil (1 Tbsp) (135 Calories, Carbs 0g, Fat 14.9g, Protein 0g)
- Spinach (2 Cups) (14 Calories, Carbs 2.2g, Fat 0.2g, Protein 1.8g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (14 Calories, Carbs 5.3g, Fat 0.2g, Protein 0.5g)
- Balsamic Vinegar (1 Tbsp) (14 Calories, Carbs 2.7g, Fat 0g, Protein 0.1g)

## Snack:

*Protein Shake -*

**262kcal, 21g Carbs, 1.4g Fat, 45g Protein**

- Whey Protein Isolate (2 Scoops) (182 Calories, Carbs 1g, Fat 1g, Protein 44g)
- Fresh Blueberries (1 Cup) (80 Calories, Carbs 20g, Fat 0.4g, Protein 1g)
- Water (1 Cup)

# Sunday:

Kcal	Carbs	Fats	Protein
1589	180.6g	67.8g	76.2g

## Breakfast:

### *Loaded Porridge -*

**402kcal, 51g Carbs, 18g Fat, 11.8g Protein**

- Organic Oats (1/2 Cup) (150 Calories, Carbs 27g, Fat 2.5g, Protein 6g)
- Almond Milk (1 Cup) (60 Calories, Carbs 2g, Fat 3.5g, Protein 1g)
- Banana (1/2 Cup) (67 Calories, Carbs 17g, Fat 0.5g, Protein 0.8g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)
- Milled Flaxseed (1 Tbsp) (30 Calories, Carbs 2g, Fat 2.5g, Protein 1.5g)

## Snack:

### *Almond Butter on Rye Toast with Banana -*

**232kcal, 33g Carbs, 10.5g Fat, 5.3g Protein**

- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)
- Banana (1/2 Cup) (67 Calories, Carbs 17g, Fat 0.5g, Protein 0.8g)
- Organic Almond Butter (1 Tbsp) (95 Calories, Carbs 3g, Fat 9g, Protein 2.5g)

## Lunch:

### *Pan Fried Mixed Vegetables with Quinoa -*

**308kcal, 48.3g Carbs, 8.6g Fat, 11g Protein**

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Mushrooms (1/2 Cup) (8 Calories, Carbs 1.1g, Fat 0.1g, Protein 1.1g)
- Boiled Quinoa (1 Cup) (222 Calories, Carbs 39g, Fat 4g, Protein 8g)

## Snack:

### *Protein Shake -*

**91kcal, 0.5g Carbs, 0.5g Fat, 22g Protein**

- Whey Protein Isolate (1 Scoop) (91 Calories, Carbs 0.5g, Fat 0.5g, Protein 22g)
- Water (1/2-1 Cup)

## Dinner:

### *Feta Omelette with Rye Toast -*

**450kcal, 41.2g Carbs, 22.2g Fat, 24.7g Protein**

- Extra Virgin Rapeseed Oil (1 Tsp) (41 Calories, Carbs 0.1g, Fat 4.4g, Protein 0g)
- Free Range Eggs (3 Whole) (210 Calories, Carbs 3g, Fat 15g, Protein 18g)
- Spinach (1 Cup) (7 Calories, Carbs 1.1g, Fat 0.1g, Protein 0.9g)
- Red Onion (1/2 Cup) (30 Calories, Carbs 7g, Fat 0g, Protein 1g)
- Peppers (1/2 Cup) (15 Calories, Carbs 2.8g, Fat 0.1g, Protein 0.5g)
- Grated Sweet Potato (1/2 Cup) (57 Calories, Carbs 14g, Fat 0.1g, Protein 1.1g)
- Feta Cheese (1 Tbsp) (20 Calories, Carbs 0.2g, Fat 1.5g, Protein 1.2g)
- Rye Bread (1 Slice) (70 Calories, Carbs 13g, Fat 1g, Protein 2g)

## Snack:

### *Dark Chocolate -*

**106kcal, 6.6g Carbs, 8g Fat, 1.4g Protein**

- 70% Dark Chocolate (2 Squares) (106 Calories, Carbs 6.6g, Fat 8g, Protein 1.4g)