
Seven-Day Menu: Lacto-Ovo Vegetarian

Day	Breakfast	Lunch	Dinner	Snack
1	Oats cooked in milk, nuts	Chickpea salad with boiled egg, tomatoes, wholemeal bread	Lentil dal (4), rice, cucumber yogurt	A pot of yogurt
2	Fried egg, wholemeal toast, tomatoes	Leftover dal, bread	Ginger tofu with bok choy (6), rice	An orange
3	Yogurt, oats, berries	Hummus, wholemeal flatbread, chopped salad with feta (11)	Black bean chili (10), yogurt instead of sour cream	A handful of nuts
4	Overnight oats (1)	Leftover chili in a tortilla wrap	Mushroom miso soup with tofu (7), rice, steamed egg	A guava
5	Scrambled eggs with spinach, wholemeal toast	White bean and kale soup (8), grated cheese	Peanut, sweet potato and greens stew (12), rice	A glass of milk

Day	Breakfast	Lunch	Dinner	Snack
6	Wholemeal toast, peanut butter, banana, a glass of milk	Leftover stew	Sambar (5), rice, yogurt	Fruit
7	Overnight oats (1)	Silken tofu with mushroom sauce (2), rice	Roasted lentils and squash (9), salad	A handful of nuts

Every day:

- **B12:** eggs and dairy every day contribute B12. If you eat eggs and dairy less than daily, add a fortified source (Chapter 4).
- **Iodine:** cook with iodised salt; in many places cow’s milk also contributes iodine (Chapter 8).
- **Tea and coffee:** between meals.