

Catherine Chan's Summer Vegetarian Diet

Want to look great during summer? This is the Diet for you!

Before you begin:

You may choose ONE line per meal and rotate everyday of the week

For best results, organic food is recommended

Choose organic wholegrain, sourdough or yeast free breads

Try to avoid drinking any beverage with your meal .

Wait at least 30 mins before and after meals if you wish to take any beverage

(Exception : soups may be taken during meals)

1-2 slices of toast with natural toppings can be eaten as an alternative to any food line suggested below.

Recommended vegetarian cookbook for this diet

“ Turn Over a New Leaf : and Feel Good All the Time” by Diane Skelly Heron”

Breakfast:

1. **Diced paw paw and kiwifruit**
2. **Diced watermelon**
3. **Diced apple, pear and grounded sunflower seeds**
4. **Rockmelon and prunes**
5. **Mandarin orange & Grapefruit with yoghurt**
6. **Diced pineapple and passionfruit**
7. **Paw paw, dates and Banana**

Lunch

1. **Salad and lentil pie**
2. **Wholemeal pita bread with avocado salad**
3. **Baked whole potatoes with salad**
4. **Avocado and salad on Rye bread**
5. **Pumpkin soup and Wholemeal roll with Avocado Spread**
6. **Eggplant macaroni with salad**

Dinner

1. **Salad, Vegetables, and Soya Bean casserole**
2. **Salad and Cashew nut loaf (or any other nut loafs)**
3. **Steamed Vegetables with Nut sauce**
4. **Salad and Sesame Bake (may add lightly braised tofu)**
5. **Waldorf salad and Garden salad**
6. **Cottage Cheese, Vegetables and salad**
7. **Steamed vegetables, salad & nut sauce**

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