

Chef Solus' Vegetarian: 1000 Calorie Menu Plan



Grain group 3 ounces
Vegetable group 1 cup
Fruit group 1 cup
Dairy group 2 cups
Protein group 2 ounces

Breakfast

- Blueberry Pancake (1 oz)
- 1 cup fortified soy milk

Snack

- Mix nuts + pumpkin seeds (1 oz)
- $\frac{1}{2}$ cup sliced apple

Lunch

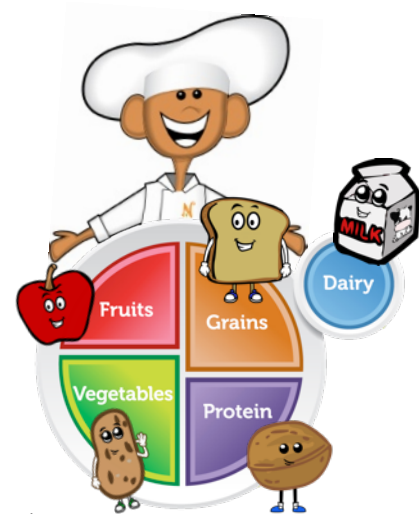
- Veggie Burger ($\frac{1}{2}$ whole wheat thin bun (1 oz) + 1 patty)
- $\frac{1}{2}$ cup chopped broccoli
- 1 cup fortified soy milk

Snack

- $\frac{1}{2}$ cup halves strawberry/blueberries

Dinner

- Mediterranean wrap (1 small whole wheat pita (1 oz) + 1 tbsp hummus + baked bean (1 oz) + spinach and tomato)
- 1 cup lentil soup



Calorie Breakdown: 1037

Carbohydrate (51%)

Fat (33%)

Protein (16%)

