

Chef Solus' Vegetarian: 2800 Calorie Menu Plan

Grain group 10 ounces
Vegetable group 3 ½ cup
Fruit group 2.5 cup
Dairy group 3 cups
Protein group 7 ounces



Breakfast

- Blueberry Pancake (3 oz) + ½ tbsp margarine
- 1 cup fortified soy milk

Snack

- Mix nuts + pumpkin seeds (2 oz)
- 1 cup sliced apple

Lunch

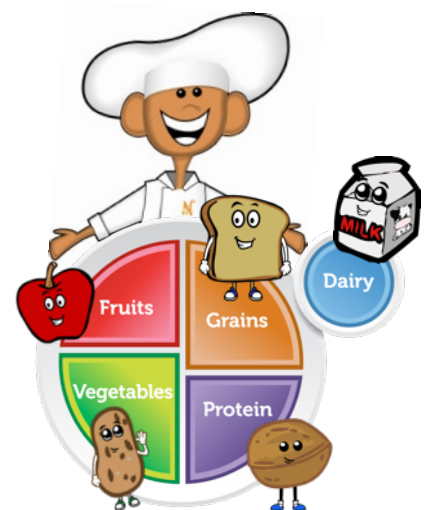
- Veggie Burger (1 whole wheat bun (3 oz) + 2 patty veggie burger + tomato and lettuce)
- Broccoli Salad (1 cup chopped broccoli + 2 cup baby spinach + black beans (2 oz) + 1 tbsp olive oil + lemon juice)
- 1 cup fortified soy milk

Snack

- 1.5 cup halves strawberry/blueberries
- Rice Pudding (8 oz)- made with soy/almond milk + raisin

Dinner

- Mediterranean wrap (3 small whole wheat pita + 2.5 tbsp hummus + baked beans (3 oz) + spinach and tomato + grilled eggplants)
- 2 cup lentil soup
- 1 cup fortified soy milk



Calorie Breakdown: 2821

Carbohydrate (54%)

Fat (33%)

Protein (13%)

