

# Chef Solus' Vegetarian: 3000 Calorie Menu Plan

Grain group 10 ounces  
Vegetable group 4 cup  
Fruit group 2.5 cup  
Soy Milk group 3 cups  
Beans group 7 ounces



## Breakfast

- Blueberry Pancake (3 oz) +  $\frac{1}{2}$  tbsp margarine
- 1 cup fortified soy milk

## Snack

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

## Lunch

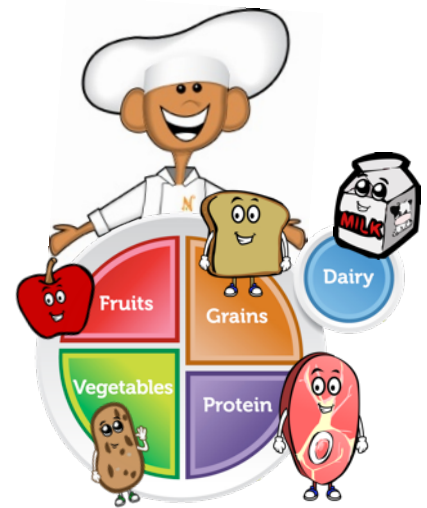
- Veggie Burger ( 1 whole wheat bun (4 oz) + 2 patty veggie burger + tomato and lettuce)
- Broccoli Salad (1 cup chopped broccoli + 2 cup baby spinach + black beans (2 oz) + 1 tbsp olive oil + lemon juice)
- 1 cup fortified soy milk

## 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 + 4 tbsp hummus + baked beans (3 oz) + spinach and tomato + grilled eggplants)
- 2 cup lentil soup
- 1 cup fortified soy milk



---

## Calorie Breakdown: 3035

Carbohydrate (51%)

Fat (36%)

Protein (13%)

