

Chef Solus' Vegetarian: 3200 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 (2.5 oz)
- 1 cup sliced apple

Lunch

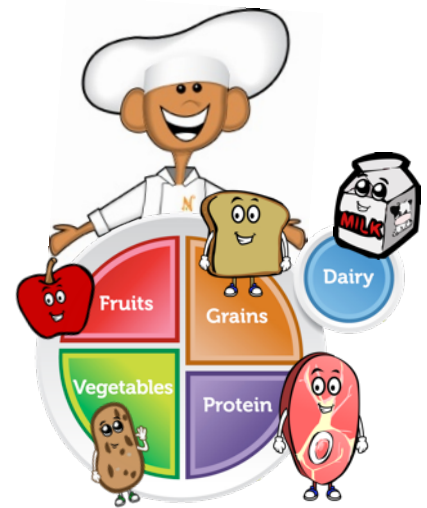
- Veggie Burger (1 whole wheat bun (4 oz) + 2 patty veggie burger + tomato and lettuce)
- Broccoli Salad (1 cup chopped broccoli + 2 cup baby spinach + black beans (2 oz) + 1 tbsp olive oil + lemon juice)
- 1 cup fortified soy milk

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)
- Dinner roll (1 oz) + 1 tbsp margarine
- 2 cup lentil soup
- 1 cup fortified soy milk



Calorie Breakdown: 3210 kcal

Carbohydrate (49%)

Fat (39%)

Protein (12%)

