

Chef Solus' Vegetarian: 2200 Calorie Menu Plan

Grain group 7 ounces
Vegetable group 3 cup
Fruit group 2 cup
Soy Milk group 3 cups
Beans group 5.5 ounces



Breakfast

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

Snack

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

Lunch

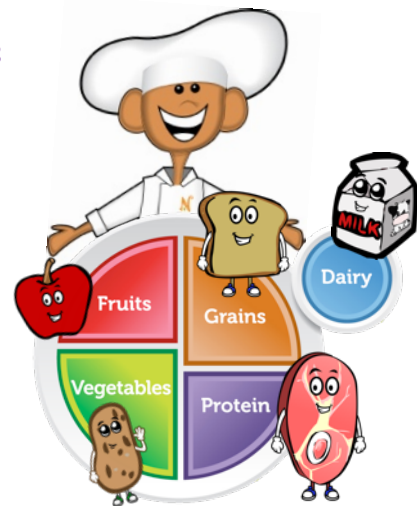
- Veggie Burger (1 thin whole wheat bun (2 oz) + 2 patty veggie burger + tomato and lettuce)
- Broccoli Salad (1 cup chopped broccoli + 1 cup baby spinach + 1 oz black beans)
- 1 cup fortified soy milk

Snack

- 1 cup halves strawberry/blueberries
- Rice Pudding (4 oz)- made with soy/almond milk + raisin

Dinner

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



Calorie Breakdown: 2232 kcal

Carbohydrate (54%)

Fat (30%)

Protein (16%)

