

# Chef Solus' Vegetarian: 2600 Calorie Menu Plan

Grain group 9 ounces  
Vegetable group 3.5 cup  
Fruit group 2 cup  
Soy Milk group 3 cups  
Beans group 6.5 ounces



## **Breakfast**

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

## **Snack**

- Mix nuts + pumpkin seeds (1.5 oz)
- 1 cup sliced apple

## **Lunch**

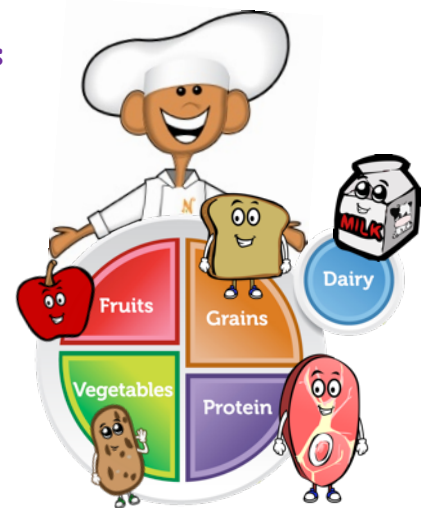
- Veggie Burger ( 1 thin whole wheat bun (2 oz) + 2 patty veggie burger + tomato and lettuce)
- Broccoli Salad (1 cup chopped broccoli + 1.5 cup baby spinach + 1.5 oz black beans + 1 tbsp olive oil)
- 1 cup fortified soy milk

## **Snack**

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

## **Dinner**

- Mediterranean wrap (4 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



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**Calorie Breakdown: 2605 kcal**

Carbohydrate (52%)

Fat (34%)

Protein (14%)

