

Chef Solus' Vegetarian: 1800 Calorie Menu Plan

Grain group 6 ounces
Vegetable group 2 ½ cup
Fruit group 1 ½ cup
Dairy group 2 ½ cups
Protein group 5 ounces



Breakfast

- Blueberry Pancake (2 oz)
- 1 cup fortified low fat (1%) soy milk

Snack

- Mix nuts + pumpkin seeds (1 oz)
- ½ cup sliced apple

Lunch

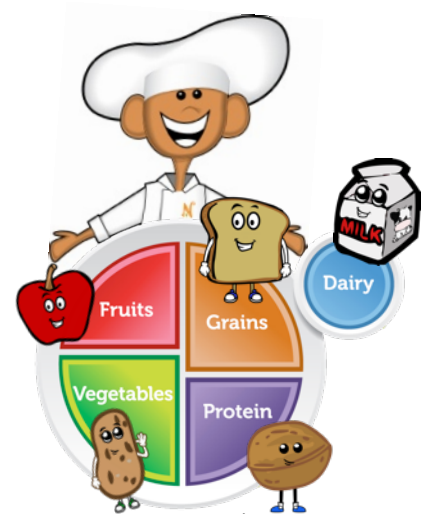
- Veggie Burger (1 thin whole wheat bun (2 oz) + 1 patty veggie burger)
- 1 cup chopped broccoli
- ½ cup fortified low fat (1%) soy milk

Snack

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

Dinner

- Mediterranean wrap (2 small whole wheat pita (1 oz) + 2 tbsp hummus + spinach and tomato + grilled eggplants)
- 1 ½ cup lentil soup
- 1 cup fortified soy milk



Calorie Breakdown: 1759 kcal

Carbohydrate (55%)

Fat (30%)

Protein (15%)

