

Chef Solus' Vegetarian: 2000 Calorie Menu Plan

Grain group 6 ounces
Vegetable group 2.5 cup
Fruit group 2 cup
Dairy group 2½ cups
Protein group 5.5 ounces



Breakfast

- Blueberry Pancake (2 oz) + ½ tbsp margarine
- 1 cup fortified low fat (1%) soy milk

Snack

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

Lunch

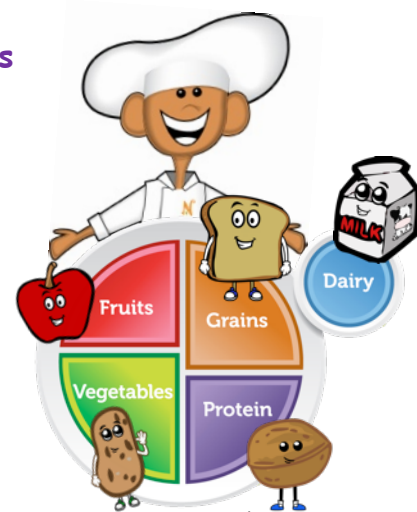
- Veggie Burger (1 thin whole wheat bun (2 oz) + 2 patty veggie burger)
- 1 cup chopped broccoli
- ½ cup fortified low fat (1%) soy milk

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



Calorie Breakdown: 1991

Carbohydrate (54%)

Fat (30%)

Protein (16%)

