

Chef Solus' Vegetarian: 1400 Calorie Menu Plan



Grain group 5 ounces
Vegetable group 1½ cup
Fruit group 1½ cup
Dairy group 2½ cups
Protein group 4 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

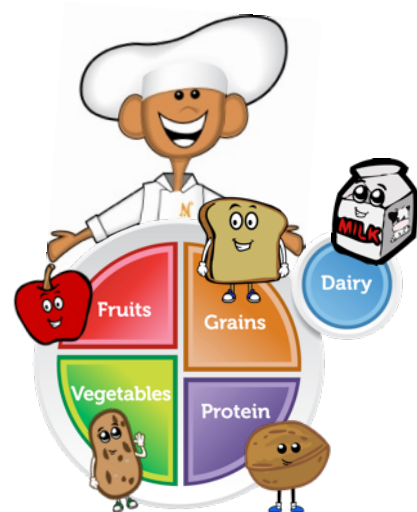
- Veggie Burger (1 thin whole wheat bun (2 oz) + 1 patty veggie burger)
- ½ cup chopped broccoli
- 1 cup fortified low fat (1%) soy milk

Snack

- 1 cup halves strawberry/blueberries
- ½ cup fortified low fat (1%) soy milk

Dinner

- Mediterranean wrap (1 small whole wheat pita (1 oz) + 1 tbsp hummus + baked bean (2 oz) + spinach and tomato)
- 1 ½ cup lentil soup



Calorie Breakdown: 1487 kcal

Carbohydrate (53%)

Fat (32%)

Protein (15%)

