

Chef Solus' Vegetarian: 1200 Calorie Menu Plan



Grain group 4 ounces
Vegetable group 1 cup
Fruit group 1 cup
Dairy group 2½ cups
Protein group 2 ounces

Breakfast

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

Snack

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

Lunch

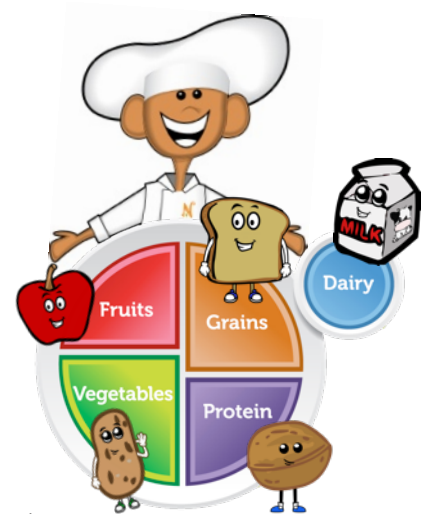
- Veggie Burger (1 whole wheat thin bun (2 oz) + 1 patty)
- ½ cup chopped broccoli
- 1 cup fortified low fat (1%) soy milk

Snack

- ½ 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 cup lentil soup



Calorie Breakdown: 1256

Carbohydrate (50%)

Fat (34%)

Protein (16%)

