

Vegetarian/Vegan Menus DAY 1

Breakfast

1 cup Steel cut oatmeal
1/2 cup blueberries
2 tablespoons flaxseeds
1 cup low-fat milk
1 cup coffee

Lunch

2 slices whole-wheat bread
2 ounces low-fat cheese
1/4 cup lettuce for sandwich
2 slices tomato for sandwich
2 slices avocado for sandwich
1/2 cup baby carrots
1 banana
1 cup unsweetened tea

Evening Meal

1 corn tortilla for burrito
1/2 cup refried vegetarian beans
1/4 cup chopped tomatoes for burrito
1/4 cup lettuce for burrito
1/4 cup salsa
1/2 cup brown rice
1/2 tablespoon olive oil for rice
1/2 cup zucchini
1 cup water

Evening Snack

6 whole grain crackers
1/2 cup apricots
1 ounce unsalted peanuts
1/2 cup orange juice fortified with calcium/Vitamin D



Vegetarian/Vegan Menus DAY 2

Breakfast	1 egg, scrambled 1 teaspoon olive oil 2 slices whole wheat toast 1 ounce cheese 1 banana – 5 inches
Morning Snack	6 ounces low-fat yogurt
Lunch	1 cup vegetarian chili 2 corn tortillas 1 cup lettuce ¼ cup tomatoes 1 teaspoon olive oil 1 squeeze lime
Afternoon Snack	½ cup strawberries 2 tablespoons walnuts
Evening Meal	Stir-fry made with: ½ cup tofu 1 cup brown rice, cooked ½ cup mushrooms, cooked ½ cup zucchini, cooked ½ cup green peppers, cooked 1 teaspoon olive oil 1 cup cantaloupe 1 cup 1% milk



Vegetarian/Vegan Menus DAY 3

Breakfast

1 cup oatmeal
2 scrambled eggs
1 slice whole-grain toast
1 cup fortified soymilk
1 banana

Lunch

1 cup vegetarian chili
1 oz cornbread
1 teaspoon margarine
4 celery sticks
1 apple
1 cup fortified soymilk

Afternoon Snack

1 cup soy yogurt
1 oz mixed nuts

Evening Meal

1.5 cups vegetables, stir-fried
1/2 cup tofu, stir-fried
1 cup brown rice
1 cup fresh cantaloupe
1 cup carrot juice



Vegetarian/Vegan Menus DAY 4

Breakfast

1 cup oatmeal
1 slice whole-grain toast
2 scrambled eggs
1 banana
1 cup nonfat milk

Lunch

1 cup reduced sodium split pea soup
1 whole wheat dinner roll
1 medium apple
1 apple
4 celery sticks
1 cup nonfat milk

Afternoon Snack

1 oz mixed nuts
1 orange

Evening Meal

6 oz roasted Tofu with ginger
1/2 cup mashed potatoes
1/8 cup gravy
1 cup mixed vegetables
2 teaspoon margarine
1 cup cantaloupe
1 cup carrot juice

BELIEVE IN
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food

Vegetarian/Vegan Menus DAY 5

Breakfast

1 orange
1/2 cup bran cereal
1 cup soy milk
1 slice whole wheat toast
1 tablespoon low-salt peanut butter

Lunch

2 ounces soy-based deli slices
2 slices rye bread
1 cup broth-based soup
1 tablespoon light salad dressing
1 cup soy milk

Evening Meal

1/2 cup pinto beans
3 ounces potatoes
1/2 cup green beans
2 teaspoons margarine
1 tablespoon light salad dressing
1 small apple

Evening Snack

2 tablespoon nuts
1-1/4 cups strawberries



Vegetarian/Vegan Menus DAY 6

Breakfast

1 scrambled egg
1 teaspoon olive oil
2 slices whole wheat toast
2 teaspoons margarine, soft, tub
1 orange
1 cup 1% milk

Morning Snack

¼ cup mixed nuts and a fruit with seed

Lunch

1 black bean burger
1 whole wheat bun
1 oz low-fat cheese
2 leaves lettuce
2 slices tomatoes
2 teaspoons mayonnaise
¼ cup carrots
1 peach

Afternoon Snack

6 ounces low-fat greek yogurt

Evening Meal

½ cup tofu
1 cup brown rice
½ cup green peppers
½ cup mushrooms
½ cup zucchini
1 tablespoon salad dressing
1 pear



Vegetarian/Vegan Menus DAY 7

Breakfast

2 slices whole wheat toast
2 tablespoons peanut butter
1 orange
1 cup 1% milk

Morning Snack

6 ounces Greek yogurt
¼ cup mixed nuts

Lunch

1 black bean burger
1 whole wheat bun
2 leaves lettuce
2 slices tomatoes
1 tablespoon mayonnaise
½ cup carrots
1 peach

Afternoon Snack

1 cup vanilla soymilk fortified with calcium, vitamin B12, and vitamin D

Evening Meal

¼ cup tofu
1 cup brown rice
½ cup green peppers
½ cup mushrooms
½ cup zucchini
1 tablespoon salad dressing
1 pear

