



DAILY MENU EXAMPLE



Daily Nutritional Intake: 2048 Calories.

91g Protein.

35g Fat.

75g Fiber.

376g Carbohydrate.

BREAKFAST

Yogurt Fruit Salad

- 1 cup non-dairy yogurt
- 1 cup grapes, sliced
- 1 large apple, diced
- 1 medium peach, diced
- 1 Tbsp flax seeds, ground

Mixed fruit and yogurt together and place in a bowl. Sprinkle with ground flax seeds to serve.

LUNCH

Bean Soup and Cheese Toast

- ½ cup cooked or canned kidney beans, drained
- 1 cup V8 or tomato juice, low sodium
- 2 cups mixed fresh or frozen vegetables
- 2 slices wholegrain toast
- ¼ cup homemade soy cottage cheese

Warm kidney beans, juice and vegetables until cooked through. Spread toast with cottage cheese and serve with soup.

DINNER

Lentil Bolognese

- 1 cup cooked whole-wheat pasta
- 1 cup fresh or canned tomatoes, diced
- ½ cup cooked or canned lentils, drained
- 1 carrot, shredded
- 1 zucchini, shredded
- ½ tsp Italian herbs

Heat tomatoes, lentils, vegetables and herbs together and simmer until cooked through and thickened.

Serve over cooked pasta.

DESSERT

Rice Pudding

- ½ cup cooked brown rice
- ½ cup soy milk
- 1 Tbsp raisins
- Dash of cinnamon

Mix together all ingredients and warm through. Sprinkle cinnamon on top to serve.

SNACKS

Oatmeal Banana-Raisin Cookies

- 1/3 cup rolled oats
- ½ medium banana, mashed
- 1 Tbsp raisins

Mix ingredients together, form into cookies, and place on a cookie sheet. Bake until lightly browned.

Carrot sticks with Hummus

- 1 cup carrot sticks
- 1/3 cup homemade hummus (see staples)