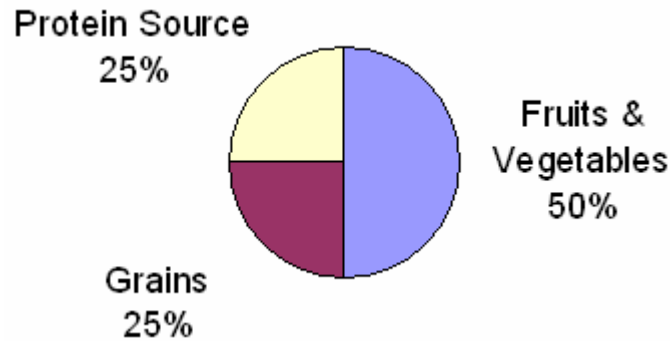


Vegetarian Meal Planning

It is essential to write down your nutrition plan. A healthy plate for every meal is one-half fruits and vegetables, one-quarter protein and one-quarter grain:



Write down the days you are planning for, then a section for each part of your plate. For example:

Breakfast

Fruits/veg: banana, Protein: scrambled egg, Grain: toast

Lunch

Fruits/veg: lettuce, cucumber, tomato, Protein: hummus, Grain: pita

Dinner

Fruits/veg: stir fry vegetables (frozen bag), Protein: tofu, Grain: rice

Notice that *every meal should have a specific protein source*. It is common for vegetarians to eat a carbohydrate-heavy diet. If you struggle with finding protein-rich foods consider:

- Tempeh
- Seitan
- Soybeans
- Tofu
- TVP
- Peanut butter
- Lentils
- Black beans
- Kidney beans
- Chickpeas
- Pinto beans
- Black-eyed peas
- Veggie burgers
- Soy analogs
- Soy milk/yogurt
- Nuts/seeds

Web Resources

www.happycow.net
www.vegweb.com

www.vrg.org
www.vegetariantimes.com

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