

TLC Sample Menu

Lacto Ovo Vegetarian Cuisine, Male 25-49 Years

Breakfast

- Egg white omelet, cooked with canola oil (2 tsp)
 - Liquid egg substitute (½ cup)
 - Tomato, chopped (1 medium slice)
 - Mushrooms, chopped (2 medium)
 - Green pepper, chopped (¼ cup)
 - Cheddar cheese, low fat, grated (2 Tbsp)
- English muffin (1 whole)
 - Jelly (1 Tbsp)
- Honeydew melon (½ cup)
- Orange juice, calcium fortified (1 cup)
- Coffee (1 cup) with fat-free milk (2 Tbsp)

Lunch

- Vegetable sandwich
 - Onion roll (1 medium)
 - Tomato (2 medium slices)
 - ~~1/2~~ small Avocado, slices, dark skin, California type
 - Romaine lettuce (2 leaves)
 - Carrots, grated (½ cup)
 - Cheddar cheese, low fat (1 slice, 1 oz)
 - Mustard (1 Tbsp)
- Salad
 - Romaine lettuce (2 cups)
 - Kidney beans* (¾ cup)
 - Tomato, cherry (½ cup)
 - Cucumber (1/3 cup)
 - Carrots, shredded (1/3 cup)
 - Dressing, homemade vinegar & olive oil (2 Tbsp)
- Fat-free milk (1 cup)

Dinner

- Pasta and vegetables
 - Spaghetti, cooked (2 cups), with olive oil (1 Tbsp)
 - Broccoli (1 cup)
 - Marinara sauce, low sodium (¾ cup)
 - Parmesan cheese (1½ Tbsp)
- Angel food cake (2x3 inch piece)
 - Frozen yogurt (¼ cup)
 - Chocolate sauce (1 Tbsp)
- Iced tea, unsweetened (1 cup)

Snack

- Bagel (½ medium)
 - Peanut butter, reduced fat, unsalted (½ Tbsp)
- Apple (1 medium)
- Water (1 cup)

* For a higher fat alternative, substitute 1/3 cup of unsalted almond slices for ½ cup of the kidney beans in the salad.

Nutrient Analysis

Calories	2499	Total fat, % calories	29
Cholesterol (mg)	24	Saturated fat, % calories	5
Fiber (g)	44	Monounsaturated fat, % calories	16
Soluble (g)	17	Polyunsaturated fat, % calories	5
Sodium (mg)	2282	Trans fat (g)	0.4
Carbohydrates, % calories	60		
		Protein, % calories	15
* Higher Fat Alternative	No salt is added in recipe preparation or as seasoning.		
Total fat, % calories	33	The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.	