

TLC Sample Menu

Lacto Ovo Vegetarian Cuisine, Female 25-49 Years

Breakfast

- Egg white omelet, cooked with canola oil (2 tsp)
 - o Liquid egg substitute (½ cup)
 - o Tomato, chopped (1 medium slice)
 - o Mushrooms, chopped (2 medium)
 - o Green pepper, chopped (¼ cup)
 - o Cheddar cheese, low fat, grated (2 Tbsp)
- Whole-wheat toast (1 slice)
 - o Jelly (2 tsp)
- Honeydew melon (½ cup)
- Coffee (1 cup) with fat-free milk (2 Tbsp)

Dinner

- Pasta and vegetables
 - o Spaghetti, cooked (1 cup), with olive oil (½ Tbsp)
 - o Broccoli (1 cup)
 - o Marinara sauce, low sodium (½ cup)
 - o Parmesan cheese (1 Tbsp)
- Angel food cake (2x3 inch piece)
 - o Frozen yogurt (¼ cup)
 - o Chocolate sauce (1 Tbsp)
- Iced tea, unsweetened

Lunch

- Vegetable Sandwich
 - o Onion roll (1 medium)
 - o Tomato (2 medium slices)
 - o Romaine lettuce (2 leaves)
 - o Carrots, grated (½ cup)
 - o Cheddar cheese, low fat (1 slice, 1 oz)
 - o Mustard (1 Tbsp)
- Salad
- Romaine lettuce (2 cups)
- Kidney beans* (½ cup)
 - o Tomato, cherry (½ cup)
 - o Cucumber (1/3 cup)
 - o Carrots, shredded (1/3 cup)
 - o Dressing, homemade—vinegar and olive oil (2 Tbsp)
- Fat-free milk (1 cup)

Snack

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

* For a higher fat alternative, substitute ¼ cup of unsalted almond slices for all of the kidney beans in the salad.

Nutrient Analysis

Calories	1812	Total fat, % calories	27
Cholesterol (mg)	26	Saturated fat, % calories	5
Fiber (g)	30	Monounsaturated fat, % calories	15
Soluble (g)	12	Polyunsaturated fat, % calories	4
Sodium (mg)	2205	Trans fat (g)	1
Carbohydrates, % calories	58		
		Protein, % calories	18
*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.	