Sample Vegetarian Meal Plan for DM2

**Breakfast**
1 portion starch (carbohydrate) (15 grams)

*Choices:*
- 1 slice whole grain toast
- 1/2 cup cooked (non-instant) oatmeal
- 1/2 English muffin

1 or 2 portions protein

*Choices:*
- 1 or 2 tablespoons peanut butter
- 1 or 2 Morningstar (or other vegetarian brand of protein) Breakfast Links

Low-carbohydrate vegetables (as desired)

*Choices include:*
- Carrots, celery, tomatoes, onions, spinach, broccoli, cauliflower, green beans, zucchini, summer squash, asparagus, greens, parsley, cilantro, & peppers

1 Fat

*Choices:*
- 2 tablespoons avocado
- 1 tablespoon low-fat mayonnaise
- 1 tablespoon low-fat margarine
- Nuts (6 almonds, 10 peanuts, 2 pecans, 2 walnuts)
- Olives (8 large black olives, or 10 large green olives)
- 1 tablespoon salad dressing
- 1 teaspoon canola, olive, or peanut oil
- 1 tablespoon Tofutti (non-dairy) cream cheese
- 2 tablespoons Tofutti (non-dairy) sour cream

**Mid-morning Snack (eat approximately 2 hours after breakfast)**
1 portion starch

*Choices:*
- 1 slice whole-grain bread
- 6 saltine crackers
- 1 small corn tortilla

1 portion protein

*Choices:*
- 1 tablespoon peanut butter
- Gluten or soy vegetarian meat substitutes (Worthington, Loma Linda, Vibrant Life, Morningstar products)

**Lunch (eat approximately 2 hours after snack)**

Non-dairy Milk (8 ounces)

1 portion starch

*Choices:*
- 1 slice whole-grain bread
- 6 saltine crackers
- 1 small corn tortilla
- 1/2 medium baked potato
1/2 cup peas or corn
1/2 cup cooked pinto (or other) beans

**Low-carbohydrate vegetables (as desired)**
*Choices include:*
Carrots, celery, tomatoes, onions, spinach, broccoli, cauliflower, green beans, zucchini, summer squash, asparagus, greens, parsley, cilantro, & peppers

**2 to 3 portions protein**
*Choices:*
2 or 3 slices rice, almond, or soy cheese
Gluten or soy vegetarian meat substitutes (Worthington, Loma Linda, Vibrant Life, Morningstar products)
1 cup tofu

**1 or 2 Fats**
*Choices:*
2 tablespoons avocado
1 tablespoon low-fat mayonnaise
1 tablespoon low-fat margarine
Nuts (6 almonds, 10 peanuts, 2 pecans, 2 walnuts)
Olives (8 large black olives, or 10 large green olives)
1 tablespoon salad dressing
1 teaspoon canola, olive, or peanut oil
1 tablespoon Tofutti (non-dairy) cream cheese
2 tablespoons Tofutti (non-dairy) sour cream

**Mid-afternoon snack (eat approximately 2 or 3 hours after lunch)**
**1 fruit (choose only ONE)**
*Choices:*
1 small apple
8 dried apricot halves
4 fresh apricots
1/2 banana
3/4 cup blueberries (no sugar)
1 cup cantaloupe
12 fresh cherries
1/2 large grapefruit
17 small grapes
1 large kiwi
1/2 mango
1 small nectarine
1 small orange
1 cup papaya
1 medium peach
1/2 large pear
3/4 cup fresh pineapple
2 small fresh plums
3 prunes
2 tablespoons raisins
1 cup raspberries (no sugar)
1-1/4 cup strawberries
2 small tangerines
1-1/4 cup watermelon
1 portion protein

*Choices:*
1 tablespoon peanut butter
1 slice cheese
Gluten or soy vegetarian meat substitutes (Worthington, Loma Linda, Vibrant Life, Morningstar products)
1/2 cup tofu

**Dinner (eat approximately 2 hours after snack)**

2 portions starch

*Choices:*
2 slices whole-grain bread
2 small corn tortillas
1 medium baked potato
1 cup peas or corn
1 cup cooked pinto (or other) beans
2/3 cup cooked rice

Low-carbohydrate vegetables (as desired)

*Choices include:*
Carrots, celery, tomatoes, onions, spinach, broccoli, cauliflower, green beans, zucchini, summer squash, asparagus, greens, parsley, cilantro, & peppers

2 to 3 portions protein

*Choices:*
2 or 3 slices cheese
Gluten or soy vegetarian meat substitutes (Worthington, Loma Linda, Vibrant Life, Morningstar products)
1 cup tofu

1 or 2 Fats

*Choices:*
2 tablespoons avocado
1 tablespoon low-fat mayonnaise
1 tablespoon low-fat margarine
Nuts (6 almonds, 10 peanuts, 2 pecans, 2 walnuts)
Olives (8 large black olives, or 10 large green olives)
1 tablespoon salad dressing
1 teaspoon canola, olive, or peanut oil
1 tablespoon Tofutti (non-dairy) cream cheese
2 tablespoons Tofutti (non-dairy) sour cream