

## 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