

High Protein Post Surgical Vegetarian Menus

MENU #1		
Breakfast:	Tofu scramble (1/4 pound extra firm) with mushrooms & scallions	12 g
Snack:	1 cup yogurt, plain whole milk, with fruit	8 g
	2 T sunflower seeds, dry roasted	3 g
Lunch:	Garden Burger with	7 g
	1 oz soy cheese	6 g
	2 slices whole grain bread	4g
	1 cup steamed broccoli	<1 g
Snack	2 T almond butter on rice cake, with apple and carrot	6 g
Dinner:	1 cup quinoa, cooked	9 g
	½ cup lentils, cooked	9 g
	1 cup kale, cooked	2 g
	1/3 cup dry roasted almonds, chopped	10 g
	1 whole wheat roll	<u>3 g</u>
Total calories:	1700 kcal	Total fiber: 41 g
		Protein Total: <u>80 g</u>

MENU # 2		
Breakfast:	Fruit smoothie with 8 oz 2% milk, ½ cup yogurt, and fruit	20 g
	2 T almond butter	
Snack:	1/4 cup hummus with carrots, cucumbers, and	5g
	2" pita bread, toasted	2 g
Lunch:	Whole wheat tortilla with chunky salsa and	4 g
	¾ cup bean medley (black, kidney, pinto beans)	11 g
	1/2 cup brown rice	3 g
	¼ medium avocado	1 g
Snack:	½ cup low-fat cottage cheese with grapes, pears, or applesauce	14 g
Dinner:	1 cup lentil soup	8 g
	1 cup fresh spinach greens with 1 oz. feta cheese	5 g
	1/8 cup dry walnuts, chopped	<u>3 g</u>
Total calories:	1700 kcal	Total fiber: 57 g
		Protein Total: <u>77 g</u>