

Building a Vegetarian Meal

- Some plant proteins can be higher in potassium. If your potassium is high, try choosing lower potassium fruits and vegetables more often
- Try choosing processed soy foods like flavored veggie burgers or tempeh. These can be high in sodium. Look for **140 mg sodium or less per serving**
- Try choosing unsalted nuts, seeds, and nut butters
- Add flavor with salt-free seasonings, lemon or lime juice, herbs, spices, vinegar, or olive oil
- Try plain yogurt with no added sugar. Add fruit for a simple, balanced snack

Breakfast Meal			
Carbohydrates:		Vegetables:	Protein:
Choose 2-3 choices for women OR 2-4 choices for men • 1/4 cup dry cream of wheat • 1/4 cup dry grits • 1/4 cup dry oats • 2/3 cup cereal • 1/4 pan dulce (4½ inches) • 1 small fruit • 1 cup milk • 1 cup yogurt • 1/2 english muffin • 1 tortilla • 1 slice bread • 1/2 pita bread • 1/4 bagel • 1 tortilla • 1/3 cup beans • 1 lavash bread (9 inches)		• salad greens • cucumbers • nopales • broccoli • cauliflower • green beans • bell peppers • zucchini • yellow squash • celery • carrots	• beans • chickpeas • green peas • lentils • edamame • tofu • soy burger • tempeh • oats • bread • bagel • english muffin • pita bread • pasta • quinoa • nut butter • nuts • seeds • egg • egg whites • cheese • cottage cheese • cream cheese • yogurt • cow’s milk • protein powder
Lunch and Dinner Meals			
Choose 2-3 choices for women OR 2-4 choices for men • 1/3 cup pasta • 1/3 cup rice • 1/3 cup quinoa • 1/3 cup beans • 1/3 cup lentils • 1/2 cup chickpeas • 3/4 cup peas • 1/2 cup corn • 1 slice bread • 1/2 pita bread • 1 lavash bread (9 inches) • 1/2 english muffin • 1 dinner roll • 1/4 bagel • 1 tortilla • 2 taco shells • 1 small fruit • 1 cup milk • 1 cup yogurt		• salad greens • cucumbers • nopales • broccoli • cauliflower • green beans • bell peppers • zucchini • yellow squash • celery • carrots	
Snacks			

Vegetarian Protein Sources

Food		Serving Size	Protein (grams)
Beans		1/3 cup (cooked)	5
Chickpeas		1/2 cup	5
Green Peas		3/4 cup (cooked)	5.5
Lentils		1/4 cup (dry)	12
Edamame		1/2 cup (shelled)	8 – 9
Tofu		3 ounces	7
Soy Burger		1 patty	see food label
Tempeh		1 ounce	5
Oats		1/2 cup (dry)	5
Wheat Bread		1 slice	3 – 4
Wheat Bagel		½ bagel	5 – 6
Wheat English Muffin		1 muffin	5
Wheat Pita Bread		1 whole	5 – 6
Wheat Pasta		1 cup (cooked)	7

Food		Serving Size	Protein (grams)
Quinoa		1 cup (cooked)	8
Nut Butter		2 Tbsp	5 – 8
Nuts		1/4 cup	4 – 7
Seeds		2 Tbsp	4 – 6
Eggs		1 egg	6.5
Egg Whites		1/4 cup	6.5
Cheese		1 ounce	6 – 7
Cottage Cheese		1/4 cup	6
Cream Cheese		2 Tbsp	2
Greek Yogurt, nonfat		1 cup	18 – 23
Yogurt, nonfat		1 cup	11 – 14
Cow's Milk		1 cup (8 fl oz)	8
Whey Protein Powder		1 scoop	see food label
Pea/Rice Protein Powder		1 scoop	see food label



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.