

## LACTO OVO MEAL PLAN:

### **BREAKFAST:**

Total cereal, skim milk, banana toast with margarine or butter

### **LUNCH:**

Veggie burger on a bun, soup, oatmeal cookie

### **SNACK:**

Yogurt

### **DINNER:**

Cheese filled pasta, green salad, steamed veggies, skim milk, ice cream

lacto ovo

## VEGAN MEAL PLAN:

### **BREAKFAST:**

Bagel with jam, calcium fortified orange juice

### **LUNCH:**

Pita bread stuffed with hummus and veggies, fruit, minestrone soup

### **SNACK:**

Trail mix and smoothie

### **DINNER:**

Stirfried veggies and tofu over brown rice, salad, sorbet, soy milk

vegan