

Meal Plan for Olympic Dairy - Vegetarian



Day 1

Lunch: Make a toasted tomato & avocado sandwich

Breakfast

1 small tub olympic dairy, soygurt, fruit flavoured
 3 medium strawberry, raw
 1/4 cup blueberry, raw
 8 almonds, dry roasted, unsalted

Morning Snack

1 medium apple with skin, sliced

Lunch

2 slice bread, whole wheat
 2 medium slices tomato
 1/2 fruit avocado, ripe
 1 serving Apple 3-Bean Salad *See Recipe
 1 serving Tarragon-Leek Dressing *See Recipe

Afternoon Snack

1 serving Soygurt Smoothie *See Recipe

Dinner

1 serving Sesame Baked Tofu *See Recipe
 3/4 cup wild rice, cooked measure
 1.5 cup chopped baby bok choy, lightly steamed
 3/4 cup soy milk, enriched

NUTRITION FACTS - DAY 1	
CALORIES (kCal)	1638
CARBOHYDRATE (g)	209.16
PROTEIN (g)	69.35
TOTAL FAT (g)	68.43
FIBRE (g)	34.1
CALCIUM (mg)	1033
IRON (mg)	14.45
SODIUM (mg)	1385
VITAMIN C (mg)	106.6
VITAMIN D (MICROGRAMS) (µg)	3.85
CHOLESTEROL (mg)	0
SATURATED FAT (g)	7.863
TRANS FAT (g)	0.446

Recipes

Apple 3-Bean Salad

2 Servings

Ingredients

1/2 medium stalk celery, raw, diced
1/3 cup kidney beans, canned, drained
1/3 cup navy beans, canned, drained
75g green beans, raw or steamed, chopped into 1/2
1/2 medium apple with skin, sliced, cored & diced
1/4 cup, grated carrot, raw

Directions

1. Prep all veggies as described. Set aside in a bowl.
2. Rinse and drain beans.
3. Toss beans and vegetables with dressing (see separate recipe).

Sesame Baked Tofu

3 Servings

Ingredients

300g tofu, firm or extra firm, raw
1 tbsp vegetable oil, sesame
2 tbsp soy sauce, sodium reduced

Directions

1. Cut tofu into 1/2 inch cubes
2. Add 1/4 tsp of cracked pepper to sesame oil and soy sauce
3. Toss tofu in oil and soy sauce.
4. Spread on an oiled baking sheet and bake at 350 F for 15 minutes

Soygurt Smoothie

1 Serving

Ingredients

1 cup soy milk, enriched
3 medium strawberry, raw
1/2 medium banana
1 small tub olympic dairy, soygurt, fruit flavoured

Directions

1. Combine all ingredients in a blender.
2. Add water and or ice for desired consistency.

Tarragon-Leek Dressing

2 Servings

Dressing for Apple 3-Bean Salad

Ingredients

3 tbsp, diced	leeks, raw
15ml	vinegar, rice
15ml	vinegar, apple cider
42ml	vegetable oil, canola
1/2 tbsp	tarragon, dried

Directions

1. Whisk together dressing ingredients, then toss with salad.
2. Best flavor if it can sit for 4-6 hours before serving.