Diabetic Vegetarian Menus

#1 Total Amount ($4.86)

**Breakfast**
- Bran flake muffin ($0.15)
- Apple ($0.49)

**Lunch**
- Vegetarian stuffed bell pepper ($0.97)
- Side salad with light dressing ($0.29)

**Snack**
- Celery and carrots ($0.34)
- Peanut butter ($0.14)
- Glass of low-fat milk ($0.22)

**Dinner**
- Vegetable cheese soup ($0.69)
- Grain medley with quinoa ($1.18)
- Strawberries ($0.39)

#2 Total Amount ($2.62)

**Breakfast**
- Dutch Apple Yogurt made with Greek yogurt ($0.44)
- Quarter cup of Bran cereal as topping ($0.05)

**Lunch**
- Brunswick Stew with Tofu ($0.66)
- Glass of low-fat milk ($0.22)

**Snack**
- Rainbow Veggie Salad ($0.34)

**Dinner**
- Southern Rice and Beans ($0.59)
- Banana and peanut butter ($0.32)

#3 Total Amount ($3.14)

**Breakfast**
- Sweet potato patty ($0.18)
- 2 Eggs ($0.21)
- Glass of low-fat milk ($0.22)

**Lunch**
- Green bean & egg pasta salad ($0.54)
- Apple ($0.49)

**Snack**
- Celery and carrots ($0.34)
- Peanut butter ($0.14)

**Dinner**
- Pumpkin & White bean soup ($0.41)
- Strawberries ($0.39)
- Glass of low-fat milk ($0.22)

Compiled by Dr. Debie Head, Associate Professor/Nutrition Specialist and Julia Gauntt, Program Technician

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