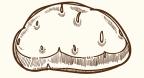
Diabetic Vegetarian Menus



Total Amount (\$4.86)

Breakfast

Bran flake muffin (\$0.15) Apple (\$0.49)

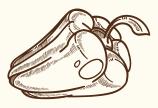


Lunch

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)



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)



Total Amount (\$2.62)

Breakfast

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

Lunch

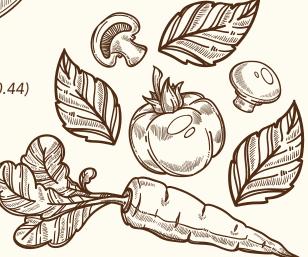
Brunswick Stew with Tofu (0.66) Glass of low-fat milk (\$0.22)

Snack

Rainbow Veggie Salad (\$0.34)

Dinner

Southern Rice and Beans (\$0.59) Banana and peanut butter (\$0.32)



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

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