



Campbell's

Vegetarian Meal Planner

Meal & Recipe Suggestions

Vegetarian - 3 Day Meal Plan



Day 01

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
<p>Avocado Toast on Pepperidge Farm® 100% Whole Wheat Bread</p> <p>Orange</p> <p>V8® Low Sodium 100% Vegetable Juice</p>	<p>Large Mixed Green Salad with Dried Fruit, Nuts, Beans, Hard Boiled Egg, Cheese & Dressing</p> <p>Late July® Tortilla Chips & Pace® Salsa</p>	<p>Greek Yogurt & Blueberries</p>	<p>RECIPE 01 Skillet Vegetable Lasagna Detailed Recipe to Follow</p>	<p>Banana</p> <p>Pepperidge Farm® Goldfish® Grahams Vanilla Cupcake</p>

Day 02

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
<p>Bran Cereal Topped with Sliced Banana & Chopped Pecans & Skim Milk</p>	<p>Grilled Cheese Made with Reduced Fat Cheddar & Pepperidge Farm® Whole Grain 100% Whole Wheat Thin Sliced Bread</p> <p>Campbell's® Condensed Tomato Soup</p> <p>Peach</p>	<p>100 Calorie Pack of Dried Fruit & Nuts</p>	<p>Veggie Burger on a 100% Whole Wheat Bun</p> <p>Roasted Sweet Potato</p> <p>Green Beans</p>	<p>Greek Yogurt with Apple & Peanut Butter</p>

Day 03

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
<p>Yogurt Bowl with Granola, Fruit & Nuts</p> <p>V8® Low Sodium 100% Vegetable Juice</p>	<p>RECIPE 02 Mashed White Bean & Basil Sandwich Detailed Recipe to Follow</p> <p>Cantaloupe</p> <p>Mozzarella String Cheese</p> <p>Dark Chocolate</p>	<p>Well Yes!® Roasted Red Pepper & Tomato Sipping Soup</p>	<p>RECIPE 03 Shakshuka Detailed Recipe to Follow</p> <p>Pita Bread</p>	<p>Greek Yogurt with Cashews & Orange Slices</p>

Average Daily Nutrition Totals: Calories: 1949, Total Fat: 75g, Saturated Fat: 19g, Cholesterol: 190mg, Sodium: 2290mg, Potassium: 4338mg, Total Carbohydrates: 254g, Dietary Fiber: 39g, Protein: 84g

RECIPE
01

Skillet Vegetable Lasagna

serves 4
people60 mins.
prep & cook time

Ingredients

- 2 tablespoons olive oil
- 1 large orange bell pepper, diced (about 1 cup)
- 1 large red onion, diced (about 1 cup)
- 2 medium zucchini (about 1 pound), diced (about 3 cups)
- 1 large yellow squash (about 11 ounces), diced (about 2 cups)
- 4 tablespoons thinly sliced fresh basil leaves
- 1 jar (24 ounces) Prego® Farmer's Market Sauce
- 6 oven ready (no-boil) lasagna noodles, broken into 2-inch pieces
- 1 cup reduced fat (part skim) ricotta cheese
- 1/4 dried Italian seasoning, crushed

Method

- Step 1** Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat. Add the pepper & onion & cook for 5 minutes, stirring occasionally. Add zucchini, yellow squash & remaining oil. Cook for 10 minutes or until the vegetables are tender, stirring occasionally.
- Step 2** Stir in 2 tablespoons basil. Season to taste. Reduce the heat to low. Stir in the sauce & lasagna noodles. Cover & cook for 15 minutes or until the lasagna noodles are almost tender, stirring occasionally.
- Step 3** Stir the cheese, Italian seasoning & lemon zest in a small bowl. Drop the cheese mixture by spoonfuls onto the lasagna mixture. Cover & cook for 10 minutes or until the noodles are tender. Sprinkle with the remaining basil.

Nutrition Totals Per Serving: Calories: 390, Total Fat: 18g, Saturated Fat: 5g, Cholesterol: 27mg, Sodium: 627mg, Potassium: 1014mg, Total Carbohydrates: 42g, Dietary Fiber: 8g, Protein: 15g



RECIPE
02

Mashed White Bean & Basil Sandwich

 serves 1
person 10 mins.
prep & cook time

Ingredients

- 1/2 cup drained rinsed canned white cannellini beans
- 1/2 tablespoon olive oil
- 1/2 tablespoon lemon juice
- 1/4 teaspoon grated lemon zest
- 1 tablespoon minced Vidalia onion or other sweet onion
- 2 slices Pepperidge Farm® Whole Grain Bread
- 1/4 cup whole fresh basil leaves

Method

- Step 1** Coarsely mash the beans in a medium bowl. Stir in the oil, lemon juice, lemon zest & onion. Season to taste.
- Step 2** Spread the bean mixture on 1 bread slice. Top with the basil & remaining bread slice.

Nutrition Totals Per Serving: Calories: 403, Total Fat: 13g, Saturated Fat: 2g, Cholesterol: 0mg, Sodium: 507mg, Potassium: 337mg, Total Carbohydrates: 59g, Dietary Fiber: 12g, Protein: 18g



RECIPE
03

Shakshuka


serves 6
 people


24 mins.
 prep & cook time


Ingredients

- 2 tablespoons olive oil
- 8 ounces sliced mushrooms (about 2 1/2 cups)
- 1 large red bell peppers, cut into 2-inch long strips (about 2 cups)
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/8 teaspoon crushed red pepper
- 1 jar (24 ounces) Prego® Farmer's Market Classic Marinara Sauce
- 6 eggs
- 1 tablespoons chopped fresh parsley (optional)

Method

- Step 1** Heat the oven to 375°F. While the oven is heating, heat the oil in a 12-inch oven proof skillet over medium-high heat. Add the mushrooms & pepper strips & cook for 5 minutes until tender-crisp, stirring occasionally. Stir in the cumin paprika & crushed red pepper. Cook & stir for 1 minute.
- Step 2** Reduce the heat to medium-low. Stir the sauce & cook for 5 minutes, stirring occasionally. Season to taste. Crack the eggs into the hot sauce.
- Step 3** Bake for 9 minutes or until the eggs are desired doneness (about 9 minutes for softly set). Sprinkle with parsley, if desired.

Nutrition Totals Per Serving: Calories: 198, Total Fat: 14g, Saturated Fat: 3g, Cholesterol: 186mg, Sodium: 442mg, Potassium: 502mg, Total Carbohydrates: 9g, Dietary Fiber: 3g Protein: 9g

