



Campbell's

Vegetarian Meal Planner

Meal & Recipe Suggestions

Vegetarian - 3 Day Meal Plan

Day 01

BREAKFAST

Avocado Toast on
Pepperidge Farm® 100%
Whole Wheat Bread

Orange

V8® Low Sodium
100% Vegetable Juice

LUNCH

Large Mixed Green Salad
with Dried Fruit, Nuts,
Beans, Cheese
& Dressing

Late July® Tortilla Chips
& *Pace*® Salsa

MID-DAY SNACK

Greek Yogurt &
Blueberries

DINNER

RECIPE
01

Eggplant Steaks
with Roasted
Chickpeas &
Tomato Balsamic
Sauce

EVENING SNACK

Banana

Goldfish® Grahams
Vanilla Cupcake

Day 02

BREAKFAST

Bran Cereal Topped with
Sliced Banana &
Chopped Pecans

Skim Milk

LUNCH

Grilled Cheese Made with
Reduced Fat Cheddar &
Pepperidge Farm® Whole
Grain 100% Whole Wheat
Thin Sliced Bread

Campbell's® Condensed
Tomato Soup

Peach

MID-DAY SNACK

Cashews

DINNER

Veggie Burger on a 100%
Whole Wheat Bun

Roasted Sweet Potato

Green Beans

EVENING SNACK

Greek Yogurt with Apple
& Peanut Butter

Day 03

BREAKFAST

Yogurt Bowl with
Granola, Fruit & Nuts

V8® Low Sodium
100% Vegetable Juice

LUNCH

Pacific Foods® Organic
Plant-Based Chili

Late July® Tortilla Chips
Cantaloupe

MID-DAY SNACK

Baby Carrots with
Hummus

DINNER

RECIPE
02

Quinoa
Vegetable Pilaf

Pepperidge Farm® Classic
Soft Dinner Roll with
Butter

Skim Milk

EVENING SNACK

Greek Yogurt with
Goldfish® Grahams &
Orange Slices

Average Daily Nutrition Totals: Calories: 1993, Total Fat: 72g, Saturated Fat: 15g, Cholesterol: 54mg, Sodium: 2228mg, Potassium 4893mg, Carbohydrates: 273g, Dietary Fiber: 44g, Protein: 81g

RECIPE
01

Eggplant Steaks with Roasted Chickpeas & Tomato Balsamic Sauce

 **serves 4**
people

 **70 mins.**
prep & cook time



Ingredients

- 1** large eggplant (about 1 1/2 pounds), cut lengthwise into 4 thick slices (about 3/4-inch thick each)
- 1/4** cup olive oil
- 1** can (15 ounces) chickpeas (garbanzo beans), rinsed well and drained
- 16** ounces baby red potatoes or tri-colored baby potatoes, cut in quarters
- 2** cups cauliflower florets or yellow bell pepper strips (or a mixture of both)
- 1** jar (23.75 ounces) Prego® Traditional No Sugar Added Italian Sauce or Traditional Sensitive Recipe No Onions or Garlic
- 2** tablespoons balsamic vinegar
- 1/2** cup chopped fresh basil leaves
- 1/2** cup crumbled feta cheese or goat cheese (optional)

Method

- Step 1** Heat the oven to 425°F (make sure to position a rack in the middle of the oven- baking on the middle rack ensures more even heating). While the oven is heating, brush both sides of the eggplant slices with 2 tablespoons oil and season as desired. Place the eggplant slices on a rimmed baking sheet.
- Step 2** Place the chickpeas, potatoes and cauliflower in a large bowl. Season the vegetables as desired. Add the remaining 2 tablespoons oil and toss to coat. Arrange the chickpea mixture on the baking sheet around the eggplant slices.
- Step 3** Bake for 40 minutes. While the vegetables are baking, stir the sauce and vinegar in a medium bowl. Drizzle the vegetables with the sauce mixture.
- Step 4** Bake for 15 minutes or until the vegetables are tender and the sauce mixture is slightly reduced. Serve hot, topped with the basil and cheese, if desired.

Nutrition Totals Per Serving: Calories: 466, Total Fat: 21g, Saturated Fat: 4.8g, Cholesterol: 17mg, Sodium: 953mg, Potassium: 1530mg, Total Carbohydrate: 56g, Dietary Fiber: 13g, Protein: 14g

RECIPE
02

Quinoa Vegetable Pilaf

 serves 4
people 40 mins.
prep & cook time

Ingredients

- 1 1/2** cups *Pacific Foods® Organic Mushroom Broth*
- 1** cup uncooked sprouted quinoa
- 4** tablespoon olive oil, divided
- 1** leek, white part only, chopped
- 1** small summer squash of your choice, peeled, seeded and cut into bite-size pieces
- 10** Brussels sprouts, trimmed and shredded
- 1 1/2** bunches asparagus, trimmed and chopped
- 4** ounce mushrooms, chopped
- 4** cloves garlic, minced
- 1** zucchini, chopped
- 1** pinch crushed red pepper
- 1/2** teaspoon ground nutmeg
- 1/4** teaspoon ground cloves
- 1/2** teaspoon ground Ceylon cinnamon
- 1/2** teaspoon all purpose seasoning
- 1** pinch each Celtic salt and pepper
- 1** lemon, juiced
- 2** tablespoon chopped fresh parsley
- 3** tablespoon pine nuts
- 6** large fresh basil leaves, chopped

Method

- Step 1** Heat the broth, quinoa and 1 tablespoon oil in a saucepan (the oil will prevent clumping) to a boil, cover and let it simmer for 15 minutes.
- Step 2** Heat the remaining olive oil in a skillet and cook the leek for two minutes. Add the squash and cook for five minutes, stirring occasionally. Add the Brussels sprouts and asparagus and cook for 3 to 5 minutes. Add the mushrooms, garlic and zucchini and stir well. Cook for 2 minutes.
- Step 3** Add seasonings and stir well. Cook for another 2 minutes. Add 1 tablespoon additional broth, if needed, and stir to combine. Add the lemon juice and stir. Taste and season as necessary.
- Step 4** In a separate skillet, toast the pine nuts until golden brown. Once the quinoa has been cooked, remove from heat. Fluff the quinoa, and mix into the sauteed vegetable mixture. Top with toasted pine nuts, basil and parsley.

Nutrition Totals Per Serving: Calories: 418, Total Fat: 21g, Saturated Fat: 2.7g, Cholesterol: 0mg, Sodium: 343mg, Potassium: 1121mg, Total Carbohydrates: 47g, Dietary Fiber: 10g, Protein: 14g