

Meal Plan B – Legume Intervention group meal plan

Emory GCRC Bionutrition

Meal	1	2	3	4	5	6	7
Breakfast							
Lunch	Chickpea Salad Sandwich (inc. whole grain bread, lettuce)	Lentil Tomato Salad	Black Bean Salad	Black-Eyed Pea Curry w/ Basmati Rice	Chana Massala (flavorful chickpea, tomato & spinach stew) w/ Basmati Rice	Falafel (baked chickpea patties) [served with whole wheat pita, lettuce, tomato, onion, tahini]	Southwest Bean Soup
Sides	<i>Non-Starchy Vegetable (i.e. Tomato Slices), Fruit (i.e. Apple)</i>	<i>Starchy Vegetable (i.e. Baked Sweet Potato), Fruit (i.e. Apple)</i>	<i>Combination Food (carbohydrate, fat) [i.e. Tortilla Chips], Non-Starchy Vegetables (i.e. Cherry Tomatoes)</i>	<i>Fruit (i.e. Orange)</i>	<i>Non-Starchy Vegetable + Combination Food (Carbohydrate & Fat) [i.e. Baby Carrots & Hummus]</i>	<i>Non-Starchy Vegetable (i.e. Sliced Cucumber)</i>	<i>Vegetable (i.e. Salad), Fruit (i.e. Apple)</i>
Dinner	Pineapple Lentils w/ Basmati Rice	Quinoa Chili	Bean & Chicken Cassoulet (casserole)	Caldo Verde (Potato, Kale & White Bean Soup)	White Bean Onion Stew	African Peanut Stew	Tamale Pie
Sides	<i>Vegetable (i.e. Salad)</i>	<i>Fat (i.e. Avocado), Fruit (i.e. Peach)</i>	<i>Vegetable (i.e. Salad), Non-Starchy Vegetable (i.e. Steamed Broccoli)</i>	<i>Starch (i.e. Whole Grain Toast), Medium-Fat Protein (i.e. Poached or Hard-Boiled Egg)</i>	<i>Vegetable (i.e. Salad), Medium-Fat Protein (i.e. Hard-Boiled Egg)</i>	<i>Non-Starchy Vegetable (i.e. Celery Sticks), Fruit (i.e. Seedless Grapes)</i>	<i>Non-Starchy Vegetable (i.e. Baby Carrots), Fruit (i.e. Tangerine)</i>