



Reduced carb & calorie Vietnamese Menu

NOURISH PROJECT



Suggested portion per meal:

1/2 cup of rice/noodle, 2 cups of veggies, 1 cup of protein

Sun

Breakfast: Sweet and Sour Soup

Lunch: Grilled Chicken Vermicelli

Dinner: A family meal with rice, catfish stir-fried in tomato puree, morning glory stir-fried with garlic

Snack: Avocado smoothie with no sugar

Mon

Breakfast: A small size Bánh Mì

Lunch: Hotpot with glass noodle, seafood, and veggies

Dinner: A family meal with rice, stewed pork, string beans stir-fried with shrimp

Snack: Spring roll (reduce vermicelli)

Tue

Breakfast: Steamed egg with wood ear mushroom

Lunch: Phở

Dinner: A family meal with rice, shrimp stir-fried with pineapple, basa fish sour soup

Snack: 1 cup of orange

Wed

Breakfast: Seafood congee

Lunch: Hủ tiếu Noodle

Dinner: A family meal with rice, squid stir-fried with celery and cucumber, pumpkin soup

Snack: Chè ba màu dessert without sugar and extra coconut cream

Thu

Breakfast: 2 sunny side eggs with tomato and cucumber salad

Lunch: Grilled shrimp with vermicelli

Dinner: A family meal with rice, lemon grass seasoned tofu, bitter melon with egg

Snack: Mango salad

Fri

Breakfast: Bánh bao bun (with the outer flour bun)

Lunch: Cốm tấm (broken rice) with grilled meat and egg and veggies

Dinner: A family meal with rice, stewed fish, cabbage pickle, chives soup with soft tofu

Snack: 1 cup of watermelon

Sat

Breakfast:

Lunch: Lightly stirred-rice with egg, seafood, green beans, carrot, and mushroom

Dinner: A family meal with rice, gà rô ti (slow-cooked chicken), bitter melon soup stuffed with pollock

Snack: Mung bean dessert with extra coconut milk and 1 teaspoon of sugar