



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: Cơm 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