

Vegetarian 1800-Calorie Meal Plan (7 Days, 6 Meals/Day)

Day 1

Breakfast: Oatmeal with almond butter and banana (P: 15g C: 30g F: 10g)

AM Snack: Protein shake with almond milk (P: 20g C: 8g F: 5g)

Lunch: Quinoa salad with chickpeas and feta (P: 25g C: 28g F: 12g)

PM Snack: Hummus with carrots and cucumber (P: 10g C: 12g F: 8g)

Dinner: Tofu stir-fry with mixed vegetables (P: 25g C: 20g F: 10g)

Evening Snack: Greek yogurt with chia seeds (P: 15g C: 10g F: 6g)

Day 2

Breakfast: Protein smoothie with berries, spinach, and almond milk (P: 22g C: 18g F: 6g)

AM Snack: Apple with peanut butter (P: 6g C: 20g F: 10g)

Lunch: Lentil soup with whole grain toast (P: 28g C: 25g F: 10g)

PM Snack: Cheese stick and grapes (P: 8g C: 12g F: 6g)

Dinner: Stuffed peppers with brown rice and black beans (P: 25g C: 30g F: 8g)

Evening Snack: Greek yogurt with cocoa powder (P: 15g C: 8g F: 4g)

Day 3

Breakfast: Chia pudding with berries and protein powder (P: 20g C: 20g F: 10g)

AM Snack: Boiled egg and orange slices (P: 8g C: 12g F: 6g)

Lunch: Tofu taco bowl with avocado and salsa (P: 30g C: 22g F: 14g)

PM Snack: Trail mix (nuts and dried fruit) (P: 7g C: 15g F: 10g)

Dinner: Vegetarian chili with cheese topping (P: 28g C: 28g F: 10g)

Evening Snack: Vanilla casein shake (P: 20g C: 6g F: 4g)

Day 4

Breakfast: Greek yogurt parfait with granola and berries (P: 20g C: 28g F: 8g)

AM Snack: Cottage cheese with pineapple (P: 14g C: 12g F: 3g)

Lunch: Egg salad lettuce wraps (P: 25g C: 4g F: 15g)

PM Snack: Cucumber with tzatziki dip (P: 6g C: 5g F: 5g)

Dinner: Tempeh with stir-fried bok choy and rice (P: 30g C: 25g F: 10g)

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Evening Snack: Protein brownie (plant-based) (P: 18g C: 10g F: 6g)

Day 5

Breakfast: Protein pancakes with almond butter (P: 25g C: 20g F: 12g)

AM Snack: Carrots with hummus (P: 5g C: 10g F: 8g)

Lunch: Veggie burger on whole grain bun (P: 30g C: 30g F: 10g)

PM Snack: Cheese cubes and strawberries (P: 10g C: 10g F: 6g)

Dinner: Tofu and broccoli stir-fry with quinoa (P: 28g C: 25g F: 12g)

Evening Snack: Greek yogurt with flaxseed (P: 15g C: 6g F: 5g)

Day 6

Breakfast: Egg scramble with spinach and feta (P: 20g C: 6g F: 10g)

AM Snack: Banana and walnuts (P: 6g C: 22g F: 10g)

Lunch: Vegetarian curry with tofu and cauliflower rice (P: 28g C: 20g F: 12g)

PM Snack: Protein bar (plant-based) (P: 20g C: 12g F: 8g)

Dinner: Chickpea and kale stew with sourdough toast (P: 26g C: 28g F: 10g)

Evening Snack: Vanilla yogurt and almonds (P: 15g C: 8g F: 7g)

Day 7

Breakfast: Almond flour waffles with berries (P: 20g C: 18g F: 12g)

AM Snack: Protein shake with coconut milk (P: 22g C: 6g F: 6g)

Lunch: Zucchini noodle bowl with tempeh and pesto (P: 28g C: 18g F: 14g)

PM Snack: Cottage cheese and grapes (P: 12g C: 10g F: 4g)

Dinner: Stuffed acorn squash with lentils (P: 25g C: 28g F: 10g)

Evening Snack: Greek yogurt with cinnamon and walnuts (P: 18g C: 6g F: 8g)

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Vegetarian Grocery List

Pantry & Condiments

- almonds
- oatmeal with almond butter
- pesto
- protein pancakes with almond butter
- walnuts

Fruits

- almond flour waffles with berries
- apple with peanut butter
- banana
- berries
- chia pudding with berries
- grapes
- orange slices
- protein smoothie with berries
- strawberries

Eggs & Dairy

- almond milk
- boiled egg
- cheese cubes
- cheese stick
- cottage cheese
- cottage cheese with pineapple
- egg salad lettuce wraps
- egg scramble with spinach
- greek yogurt parfait with granola

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- greek yogurt with chia seeds
- greek yogurt with cinnamon
- greek yogurt with cocoa powder
- greek yogurt with flaxseed
- protein shake with almond milk
- protein shake with coconut milk
- vanilla yogurt
- vegetarian chili with cheese topping
- veggie burger on whole grain bun

Plant Proteins & Grains

- black beans
- broccoli stir-fry with quinoa
- chickpea
- lentil soup with whole grain toast
- quinoa salad with chickpeas
- stuffed acorn squash with lentils
- tempeh with stir-fried bok choy
- tofu
- tofu stir-fry with mixed vegetables
- tofu taco bowl with avocado
- vegetarian curry with tofu
- zucchini noodle bowl with tempeh

Other

- dried fruit)
- feta
- protein bar (plant-based)
- protein brownie (plant-based)
- protein powder

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- rice
- salsa
- trail mix (nuts
- vanilla casein shake

Vegetables

- carrots with hummus
- cauliflower rice
- cucumber
- cucumber with tzatziki dip
- hummus with carrots
- kale stew with sourdough toast
- spinach
- stuffed peppers with brown rice