

# 1700-Calorie Vegetarian Meal Plan

## Day 1

Meal 1: Breakfast: Greek yogurt (3/4 cup) with berries and 1 tbsp flaxseed

Calories: 300 | Protein: 20g | Carbs: 25g | Fat: 12g

Meal 2: Morning Snack: 1 small apple with 1 tbsp peanut butter

Calories: 180 | Protein: 4g | Carbs: 22g | Fat: 10g

Meal 3: Lunch: Quinoa salad with black beans, corn, bell pepper, olive oil, and lime

Calories: 420 | Protein: 15g | Carbs: 42g | Fat: 18g

Meal 4: Afternoon Snack: Hard-boiled egg with baby carrots

Calories: 150 | Protein: 8g | Carbs: 10g | Fat: 7g

Meal 5: Dinner: Tofu stir-fry with mixed vegetables and jasmine rice

Calories: 480 | Protein: 25g | Carbs: 40g | Fat: 18g

Meal 6: Evening Snack: 1 protein shake with almond milk

Calories: 170 | Protein: 20g | Carbs: 8g | Fat: 8g

## Day 2

Meal 1: Breakfast: Oatmeal made with almond milk, topped with chia seeds and sliced banana

Calories: 310 | Protein: 10g | Carbs: 40g | Fat: 12g

Meal 2: Morning Snack: 1 boiled egg and 10 almonds

Calories: 150 | Protein: 7g | Carbs: 6g | Fat: 10g

Meal 3: Lunch: Lentil soup with a slice of whole grain bread and side salad

Calories: 400 | Protein: 18g | Carbs: 45g | Fat: 12g

Meal 4: Afternoon Snack: Cottage cheese (1/2 cup) with cucumber slices

Calories: 120 | Protein: 12g | Carbs: 6g | Fat: 3g

Meal 5: Dinner: Vegetarian chili with kidney beans, bell peppers, and avocado

Calories: 520 | Protein: 22g | Carbs: 40g | Fat: 20g

Meal 6: Evening Snack: 1 protein bar (low sugar, plant-based)

Calories: 200 | Protein: 15g | Carbs: 15g | Fat: 10g

## Day 3

Meal 1: Breakfast: Avocado toast on Ezekiel bread with 1 poached egg

Calories: 320 | Protein: 14g | Carbs: 28g | Fat: 18g

## 1700-Calorie Vegetarian Meal Plan

Meal 2: Morning Snack: Hummus (1/4 cup) with sliced bell peppers

Calories: 150 | Protein: 4g | Carbs: 12g | Fat: 10g

Meal 3: Lunch: Grilled veggie wrap with whole wheat tortilla and feta cheese

Calories: 410 | Protein: 16g | Carbs: 35g | Fat: 15g

Meal 4: Afternoon Snack: Plain Greek yogurt (1/2 cup) with walnuts

Calories: 140 | Protein: 10g | Carbs: 10g | Fat: 7g

Meal 5: Dinner: Stuffed bell peppers with brown rice, black beans, and corn

Calories: 500 | Protein: 20g | Carbs: 45g | Fat: 18g

Meal 6: Evening Snack: Protein smoothie with spinach, berries, and almond milk

Calories: 180 | Protein: 18g | Carbs: 15g | Fat: 6g

### Day 4

Meal 1: Breakfast: Smoothie bowl with spinach, banana, almond butter, and chia seeds

Calories: 320 | Protein: 14g | Carbs: 30g | Fat: 14g

Meal 2: Morning Snack: Handful of trail mix (nuts, seeds, dried fruit)

Calories: 180 | Protein: 6g | Carbs: 14g | Fat: 12g

Meal 3: Lunch: Chickpea salad with cucumbers, tomatoes, olive oil, and feta

Calories: 400 | Protein: 18g | Carbs: 32g | Fat: 16g

Meal 4: Afternoon Snack: Edamame (1/2 cup) with sea salt

Calories: 140 | Protein: 12g | Carbs: 8g | Fat: 5g

Meal 5: Dinner: Eggplant parmesan with side of sautéed kale

Calories: 520 | Protein: 20g | Carbs: 35g | Fat: 20g

Meal 6: Evening Snack: Protein shake with unsweetened almond milk

Calories: 140 | Protein: 20g | Carbs: 6g | Fat: 6g

### Day 5

Meal 1: Breakfast: Scrambled tofu with spinach and whole wheat toast

Calories: 310 | Protein: 16g | Carbs: 30g | Fat: 14g

Meal 2: Morning Snack: 1 small apple with 1 tbsp peanut butter

Calories: 180 | Protein: 4g | Carbs: 18g | Fat: 10g

Meal 3: Lunch: Quinoa bowl with roasted vegetables and tahini dressing

## 1700-Calorie Vegetarian Meal Plan

Calories: 420 | Protein: 18g | Carbs: 40g | Fat: 15g

Meal 4: Afternoon Snack: Cottage cheese (1/2 cup) with pineapple chunks

Calories: 150 | Protein: 12g | Carbs: 10g | Fat: 6g

Meal 5: Dinner: Zucchini noodles with marinara sauce and lentil meatballs

Calories: 480 | Protein: 20g | Carbs: 36g | Fat: 18g

Meal 6: Evening Snack: Homemade chia pudding with coconut milk

Calories: 160 | Protein: 10g | Carbs: 12g | Fat: 10g

### Day 6

Meal 1: Breakfast: Oatmeal with almond butter, flaxseed, and berries

Calories: 330 | Protein: 12g | Carbs: 35g | Fat: 14g

Meal 2: Morning Snack: Cucumber slices with tzatziki dip

Calories: 100 | Protein: 4g | Carbs: 10g | Fat: 6g

Meal 3: Lunch: Grilled portobello mushroom burger on whole wheat bun

Calories: 420 | Protein: 20g | Carbs: 36g | Fat: 18g

Meal 4: Afternoon Snack: Boiled eggs (2) with cherry tomatoes

Calories: 140 | Protein: 12g | Carbs: 8g | Fat: 6g

Meal 5: Dinner: Sweet potato and black bean tacos with avocado

Calories: 520 | Protein: 20g | Carbs: 45g | Fat: 18g

Meal 6: Evening Snack: Protein bar (low sugar, vegetarian-friendly)

Calories: 180 | Protein: 15g | Carbs: 16g | Fat: 8g

### Day 7

Meal 1: Breakfast: Avocado toast on multigrain bread with sliced tomato

Calories: 320 | Protein: 10g | Carbs: 28g | Fat: 16g

Meal 2: Morning Snack: Small smoothie with spinach, banana, and almond milk

Calories: 160 | Protein: 5g | Carbs: 22g | Fat: 5g

Meal 3: Lunch: Vegetable stir-fry with tofu and brown rice

Calories: 440 | Protein: 22g | Carbs: 40g | Fat: 16g

Meal 4: Afternoon Snack: 1 oz mixed nuts and dried cranberries

Calories: 180 | Protein: 6g | Carbs: 12g | Fat: 12g

## 1700-Calorie Vegetarian Meal Plan

Meal 5: Dinner: Stuffed bell pepper with quinoa, beans, and cheese

Calories: 460 | Protein: 18g | Carbs: 36g | Fat: 18g

Meal 6: Evening Snack: Low-fat Greek yogurt with cinnamon and honey

Calories: 140 | Protein: 12g | Carbs: 12g | Fat: 4g