

Vegetarian Meal Plan - 1700 Calories (7 Days)

Note: This meal plan is a flexible guide. You can swap meals between days or replace items to match your lifestyle and preferences.

Day 2

Breakfast: Scrambled tofu (1/2 block) + sautéed peppers/onions + whole grain toast

Calories: 400, Protein: 30g, Carbs: 30g, Fat: 18g

Mid-Morning Snack: Low-fat Greek yogurt (1 cup) + sliced strawberries + hemp seeds

Calories: 250, Protein: 20g, Carbs: 15g, Fat: 10g

Lunch: Chickpea salad wrap (1/2 cup chickpeas, avocado, Greek yogurt, veggies) in low-carb wrap

Calories: 450, Protein: 35g, Carbs: 30g, Fat: 20g

Afternoon Snack: Hard-boiled eggs (2) + cheese stick + snap peas

Calories: 250, Protein: 22g, Carbs: 8g, Fat: 15g

Dinner: Paneer tikka (6 oz) + cauliflower rice + spinach

Calories: 500, Protein: 38g, Carbs: 20g, Fat: 24g

Evening Snack: Protein smoothie (plant-based protein, almond milk, peanut butter)

Calories: 200, Protein: 20g, Carbs: 10g, Fat: 8g

Day 3

Breakfast: Chia pudding (made with almond milk, 1 scoop protein, topped with berries)

Calories: 400, Protein: 30g, Carbs: 25g, Fat: 16g

Mid-Morning Snack: Cottage cheese (3/4 cup) + cherry tomatoes + pumpkin seeds (1 tbsp)

Calories: 250, Protein: 22g, Carbs: 8g, Fat: 12g

Lunch: Black bean and quinoa bowl with corn, avocado, and salsa

Calories: 450, Protein: 35g, Carbs: 35g, Fat: 18g

Afternoon Snack: Protein smoothie (plant protein, almond milk, frozen spinach + banana)

Calories: 250, Protein: 22g, Carbs: 15g, Fat: 8g

Dinner: Stuffed bell peppers (quinoa, lentils, feta) + side salad

Calories: 500, Protein: 38g, Carbs: 35g, Fat: 20g

Evening Snack: 1 boiled egg + 1 oz cheese + cucumber slices

Calories: 200, Protein: 18g, Carbs: 4g, Fat: 12g

Day 4

Breakfast: Veggie omelet (2 eggs + 1/2 cup egg whites, spinach, peppers, feta) + toast

Calories: 400, Protein: 30g, Carbs: 20g, Fat: 18g

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Mid-Morning Snack: Plain Greek yogurt (3/4 cup) + sliced banana + flax seeds

Calories: 250, Protein: 20g, Carbs: 18g, Fat: 10g

Lunch: Grilled halloumi (3 oz) + quinoa salad with chickpeas + cucumber

Calories: 450, Protein: 35g, Carbs: 30g, Fat: 20g

Afternoon Snack: Hard-boiled eggs (2) + snap peas + hummus (2 tbsp)

Calories: 250, Protein: 22g, Carbs: 10g, Fat: 14g

Dinner: Lentil stew (1 cup) + jasmine rice (1/2 cup) + kale

Calories: 500, Protein: 38g, Carbs: 35g, Fat: 18g

Evening Snack: Protein shake (plant protein + almond milk + frozen blueberries)

Calories: 200, Protein: 20g, Carbs: 10g, Fat: 6g

Day 5

Breakfast: High-protein smoothie (plant protein, almond milk, spinach, chia, peanut butter)

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

Mid-Morning Snack: Cottage cheese (3/4 cup) + pineapple + sunflower seeds (1 tbsp)

Calories: 250, Protein: 20g, Carbs: 15g, Fat: 12g

Lunch: Tempeh stir-fry (6 oz) with broccoli, bell pepper, soy sauce + 3/4 cup jasmine rice

Calories: 450, Protein: 35g, Carbs: 35g, Fat: 18g

Afternoon Snack: Hummus (2 tbsp) + baby carrots + boiled egg + 1 oz cheddar

Calories: 250, Protein: 22g, Carbs: 10g, Fat: 14g

Dinner: Stuffed portobello mushroom (quinoa, black beans, cheese) + side salad

Calories: 500, Protein: 38g, Carbs: 30g, Fat: 20g

Evening Snack: Plain Greek yogurt (1/2 cup) + 1 tbsp nut butter

Calories: 200, Protein: 18g, Carbs: 6g, Fat: 10g

Day 6

Breakfast: Oats (1/2 cup) cooked with almond milk + 1 scoop protein + peanut butter

Calories: 400, Protein: 32g, Carbs: 30g, Fat: 15g

Mid-Morning Snack: Boiled eggs (2) + 1 oz cheese + cherry tomatoes

Calories: 250, Protein: 22g, Carbs: 4g, Fat: 15g

Lunch: Chickpea pasta (1 cup cooked) + marinara + sautéed spinach + parmesan

Calories: 450, Protein: 35g, Carbs: 35g, Fat: 18g

Afternoon Snack: Cottage cheese (3/4 cup) + sliced cucumber + 1 tbsp hummus

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Calories: 250, Protein: 20g, Carbs: 8g, Fat: 12g

Dinner: Tofu curry (6 oz tofu) + cauliflower rice + side salad

Calories: 500, Protein: 40g, Carbs: 25g, Fat: 20g

Evening Snack: Greek yogurt (1/2 cup) + 1 tbsp chia seeds + cinnamon

Calories: 200, Protein: 18g, Carbs: 6g, Fat: 10g

Day 7

Breakfast: Protein pancakes (made with banana, oats, plant protein) + almond butter drizzle

Calories: 400, Protein: 30g, Carbs: 28g, Fat: 16g

Mid-Morning Snack: Greek yogurt (1 cup) + 1 tbsp pumpkin seeds + blackberries

Calories: 250, Protein: 22g, Carbs: 12g, Fat: 10g

Lunch: Grilled veggie wrap (low carb wrap, hummus, tofu, roasted veg)

Calories: 450, Protein: 35g, Carbs: 30g, Fat: 18g

Afternoon Snack: Cottage cheese (1/2 cup) + 1 oz walnuts + celery sticks

Calories: 250, Protein: 20g, Carbs: 8g, Fat: 14g

Dinner: Eggplant parmesan (baked) with lentils + side salad + olive oil vinaigrette

Calories: 500, Protein: 38g, Carbs: 28g, Fat: 20g

Evening Snack: Protein smoothie (plant-based protein, almond milk, spinach)

Calories: 200, Protein: 20g, Carbs: 8g, Fat: 6g