

Vegetarian Meal Plan - Day 1

Breakfast: Egg whites (6) scrambled with spinach and tomatoes, 1 slice Ezekiel toast

Calories: 290 | Protein: 27g

Mid-Morning Snack: Protein shake (1 scoop plant-based protein, 8 oz almond milk) + 1 small banana

Calories: 250 | Protein: 25g

Lunch: Lentil salad (1 cup lentils, cucumber, tomato, olive oil, lemon)

Calories: 360 | Protein: 30g

Afternoon Snack: 2 boiled eggs + baby carrots

Calories: 200 | Protein: 14g

Dinner: Tofu stir-fry (5 oz tofu, broccoli, peppers, olive oil)

Calories: 350 | Protein: 32g

Evening Snack: Plain Greek yogurt (1/2 cup) + cinnamon + 1 tbsp flaxseed

Calories: 250 | Protein: 20g

Vegetarian Meal Plan - Day 2

Breakfast: Omelet with 2 eggs + 4 egg whites, mushrooms, spinach, and feta

Calories: 310 | Protein: 28g

Mid-Morning Snack: Protein shake (plant-based, 8 oz almond milk) + 1 tbsp chia seeds

Calories: 250 | Protein: 25g

Lunch: Quinoa salad (1/2 cup quinoa, chickpeas, cucumbers, olive oil)

Calories: 360 | Protein: 30g

Afternoon Snack: Cottage cheese (1/2 cup) + a few almonds

Calories: 200 | Protein: 18g

Dinner: Grilled halloumi (3 oz), roasted Brussels sprouts and carrots

Calories: 350 | Protein: 32g

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

Calories: 250 | Protein: 20g

Vegetarian Meal Plan - Day 3

Breakfast: Egg whites (6) scrambled with onions and bell peppers + 1 slice whole grain toast

Calories: 290 | Protein: 26g

Mid-Morning Snack: Protein shake (plant-based, 8 oz almond milk) + 1 tbsp flaxseed

Calories: 250 | Protein: 25g

Lunch: Black bean bowl (1/2 cup beans, grilled veggies, avocado, olive oil drizzle)

Calories: 360 | Protein: 28g

Afternoon Snack: Hard-boiled eggs (2) + cucumber slices

Calories: 200 | Protein: 14g

Dinner: Tempeh stir-fry (5 oz tempeh, broccoli, snap peas, sesame oil)

Calories: 350 | Protein: 30g

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

Calories: 250 | Protein: 20g

Vegetarian Meal Plan - Day 4

Breakfast: Omelet with 2 eggs, 4 egg whites, mushrooms, spinach, and goat cheese

Calories: 310 | Protein: 28g

Mid-Morning Snack: Protein shake (plant-based, 8 oz almond milk) + 1 tbsp chia seeds

Calories: 250 | Protein: 25g

Lunch: Tofu bowl (5 oz tofu, kale, peppers, tahini drizzle)

Calories: 360 | Protein: 30g

Afternoon Snack: Cottage cheese (1/2 cup) + baby carrots

Calories: 200 | Protein: 18g

Dinner: Grilled portobello mushrooms with lentils and steamed asparagus

Calories: 350 | Protein: 30g

Evening Snack: Plain Greek yogurt (1/2 cup) + 1 tbsp pumpkin seeds

Calories: 250 | Protein: 20g

Vegetarian Meal Plan - Day 5

Breakfast: Egg white scramble (6) with bell peppers, onions, and 1 slice whole grain toast

Calories: 290 | Protein: 26g

Mid-Morning Snack: Protein shake (plant-based, 8 oz almond milk) + 1 tbsp flaxseed

Calories: 250 | Protein: 25g

Lunch: Chickpea salad (1/2 cup chickpeas, cucumbers, tomatoes, olive oil)

Calories: 360 | Protein: 28g

Afternoon Snack: 2 boiled eggs + a few olives

Calories: 200 | Protein: 14g

Dinner: Tempeh (5 oz) with roasted zucchini and red onions

Calories: 350 | Protein: 32g

Evening Snack: Plain Greek yogurt (1/2 cup) + cinnamon + sunflower seeds

Calories: 250 | Protein: 20g

Vegetarian Meal Plan - Day 6

Breakfast: Omelet with 2 eggs, 4 egg whites, tomatoes, spinach, and cheddar cheese

Calories: 310 | Protein: 28g

Mid-Morning Snack: Protein shake (plant-based, 8 oz almond milk) + 1 tbsp hemp seeds

Calories: 250 | Protein: 25g

Lunch: Grilled tofu (5 oz), steamed broccoli, tahini drizzle

Calories: 360 | Protein: 30g

Afternoon Snack: Cottage cheese (1/2 cup) + cherry tomatoes

Calories: 200 | Protein: 18g

Dinner: Veggie stir-fry (lentils, bell peppers, onions, olive oil)

Calories: 350 | Protein: 30g

Evening Snack: Plain Greek yogurt (1/2 cup) + cinnamon + pumpkin seeds

Calories: 250 | Protein: 20g

Vegetarian Meal Plan - Day 7

Breakfast: Egg white scramble (6) with zucchini, tomatoes, and 1 slice Ezekiel toast

Calories: 290 | Protein: 26g

Mid-Morning Snack: Protein shake (plant-based, 8 oz almond milk) + 1 tbsp chia seeds

Calories: 250 | Protein: 25g

Lunch: Lentil patties (homemade, 5 oz) with cucumber-tomato salad

Calories: 360 | Protein: 30g

Afternoon Snack: Boiled eggs (2) + baby carrots

Calories: 200 | Protein: 14g

Dinner: Tofu stir-fry (5 oz tofu, kale, mushrooms, sesame oil)

Calories: 350 | Protein: 32g

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

Calories: 250 | Protein: 20g