

## 7-Day Vegetarian Meal Plan with Macros

Note: This vegetarian plan emphasizes whole food choices while supporting high protein intake. Each day includes a protein shake mid-morning with almond milk for ease and absorption. Meals are balanced for energy, digestion, and summer simplicity.

### Day 1

Breakfast: Egg scramble with spinach, tomato, and feta

Mid-Morning Snack: Protein shake with almond milk + 1/2 banana

Lunch: Chickpea salad + arugula + olive oil

Afternoon Snack: Greek yogurt + walnuts

Dinner: Stuffed peppers (quinoa + black beans + cheese)

Evening Snack: Greek yogurt + almond butter

*Daily Total: 1600 Calories, 130g Protein, 140g Carbs, 60g Fat*

### Day 2

Breakfast: Omelet with peppers, mushrooms, and 1/2 avocado

Mid-Morning Snack: Protein shake with almond milk + peanut butter

Lunch: Grilled halloumi + mixed greens + quinoa

Afternoon Snack: Cottage cheese + cucumbers

Dinner: Cauliflower steak + pesto + roasted veggies

Evening Snack: Boiled egg + cucumber slices

*Daily Total: 1600 Calories, 130g Protein, 140g Carbs, 60g Fat*

### Day 3

Breakfast: Greek yogurt + berries + chia seeds

Mid-Morning Snack: Protein shake with almond milk + spinach

Lunch: Black bean burger (no bun) + sautéed spinach

Afternoon Snack: Edamame + sea salt

Dinner: Zucchini boats with lentils + cheese

Evening Snack: Cottage cheese + pineapple chunks

*Daily Total: 1600 Calories, 130g Protein, 140g Carbs, 60g Fat*

### Day 4

Breakfast: Tofu scramble + roasted zucchini + 1 slice Ezekiel toast

Mid-Morning Snack: Protein shake with almond milk + chia seeds

Lunch: Lentil and veggie bowl + tahini drizzle

Afternoon Snack: Hummus + carrots + celery

Dinner: Tofu + roasted asparagus + tahini dressing

Evening Snack: Edamame + avocado

*Daily Total: 1600 Calories, 130g Protein, 140g Carbs, 60g Fat*

## **Day 5**

Breakfast: Boiled eggs + cucumber slices + 1/2 grapefruit

Mid-Morning Snack: Protein shake with almond milk + berries

Lunch: Tofu + broccoli stir fry + cauliflower rice

Afternoon Snack: Mini mozzarella balls + cherry tomatoes

Dinner: Eggplant stir fry + bok choy + olive oil

Evening Snack: Low-fat cheese stick + blueberries

*Daily Total: 1600 Calories, 130g Protein, 140g Carbs, 60g Fat*

## **Day 6**

Breakfast: Scrambled eggs + sautéed kale + goat cheese

Mid-Morning Snack: Protein shake with almond milk + flax

Lunch: Egg salad lettuce wraps + avocado

Afternoon Snack: Boiled eggs + bell pepper slices

Dinner: Veggie curry (low-carb) + cauliflower rice

Evening Snack: Boiled eggs + celery sticks

*Daily Total: 1600 Calories, 130g Protein, 140g Carbs, 60g Fat*

## **Day 7**

Breakfast: Egg muffins + cherry tomatoes + hummus

Mid-Morning Snack: Protein shake with almond milk + cinnamon-free granola

Lunch: Zucchini noodles + marinara + veggie meatballs

Afternoon Snack: Cottage cheese + blueberries

Dinner: Baked tempeh + sautéed kale + avocado

Evening Snack: Cottage cheese + cinnamon-free granola

*Daily Total: 1600 Calories, 130g Protein, 140g Carbs, 60g Fat*