

## 7-Day High-Protein Vegetarian Meal Plan

Standard 1800-Calorie Meal Plan - Use as a Guide, Substitute as Needed

### Day 1

Breakfast - 2 scrambled eggs with spinach, cherry tomatoes, 1 slice GF toast + feta - 380 cal | 26g protein | 22g fat | 14g carbs

Mid-Morning Snack - Protein shake with almond milk + chia - 220 cal | 30g protein | 8g fat | 4g carbs

Lunch - Chickpea salad (½ cup) with cucumber, olive oil, parsley, and hard-boiled egg - 440 cal | 30g protein | 18g fat | 28g carbs

Snack - Cottage cheese (1/3 cup) + sliced bell pepper - 160 cal | 16g protein | 4g fat | 6g carbs

Dinner - Zucchini noodles with marinara, ricotta (¼ cup), roasted eggplant - 430 cal | 28g protein | 20g fat | 12g carbs

PM Snack - Greek yogurt (1/3 cup) + sliced almonds (1 tsp) - 170 cal | 15g protein | 7g fat | 4g carbs

### Day 2

Breakfast - Veggie omelet (2 eggs + egg white) with goat cheese + sweet potato cubes - 390 cal | 28g protein | 18g fat | 18g carbs

Mid-Morning Snack - Protein shake with almond milk + flax - 220 cal | 30g protein | 8g fat | 3g carbs

Lunch - Lentil salad (½ cup) + arugula + roasted peppers + 1 boiled egg - 430 cal | 28g protein | 16g fat | 26g carbs

Snack - Celery sticks + hummus (2 tbsp) - 150 cal | 6g protein | 10g fat | 8g carbs

Dinner - Stuffed bell peppers with quinoa, black beans, herbs, topped with feta - 430 cal | 30g protein | 14g fat | 22g carbs

PM Snack - Plain yogurt (1/3 cup) + cacao nibs - 180 cal | 15g protein | 6g fat | 4g carbs

### Day 3

Breakfast - Egg muffins (2) with spinach, zucchini, mushrooms + ¼ avocado - 370 cal | 25g protein | 22g fat | 8g carbs

Mid-Morning Snack - Shake with almond milk, ¼ banana, chia seeds - 220 cal | 28g protein | 8g fat | 6g carbs

Lunch - Grilled halloumi cheese over arugula, olives, tomato, lemon vinaigrette - 430 cal | 30g protein | 22g fat | 8g carbs

Snack - 1 boiled egg + cucumber slices - 140 cal | 12g protein | 8g fat | 2g carbs

Dinner - Spaghetti squash bowl with marinara + white beans + basil + parmesan - 440 cal | 28g protein | 16g fat | 14g carbs

PM Snack - Greek yogurt + 1 tsp sunflower seeds - 180 cal | 15g protein | 6g fat | 4g carbs

#### Day 4

Breakfast - 2 eggs scrambled with mushrooms + zucchini, 1 slice GF toast - 380 cal | 26g protein | 20g fat | 14g carbs

Mid-Morning Snack - Protein shake with almond milk + flax + greens powder - 220 cal | 30g protein | 8g fat | 3g carbs

Lunch - Grilled tofu (5 oz) with sesame broccoli + cabbage slaw - 430 cal | 30g protein | 20g fat | 10g carbs

Snack - Cottage cheese (1/3 cup) + sliced strawberries - 160 cal | 14g protein | 4g fat | 6g carbs

Dinner - Cauliflower rice stir-fry w/ egg, peas, and tamari - 440 cal | 28g protein | 18g fat | 14g carbs

PM Snack - Greek yogurt (1/3 cup) + cinnamon - 170 cal | 15g protein | 6g fat | 3g carbs

#### Day 5

Breakfast - Veggie egg scramble (2 eggs, spinach, onion) + ¼ avocado - 390 cal | 26g protein | 22g fat | 6g carbs

Mid-Morning Snack - Shake with almond milk, collagen, chia - 220 cal | 28g protein | 9g fat | 3g carbs

Lunch - Lentil patties (2) with cucumber yogurt sauce + side salad - 430 cal | 30g protein | 18g fat | 14g carbs

Snack - Mini guac + sliced cucumber - 150 cal | 4g protein | 12g fat | 4g carbs

Dinner - Zucchini lasagna (ricotta, spinach, tomato sauce) - 440 cal | 30g protein | 22g fat | 10g carbs

PM Snack - Plain yogurt + 1 tsp chopped walnuts - 170 cal | 14g protein | 7g fat | 2g carbs

#### Day 6

Breakfast - Sweet potato toast + 2 poached eggs + sautéed greens - 400 cal | 28g protein | 18g fat | 16g carbs

Mid-Morning Snack - Protein shake with almond milk, ¼ banana, cinnamon - 220 cal | 28g protein | 8g fat | 6g

carbs

Lunch - Chickpea lettuce wraps + tzatziki + olives - 420 cal | 30g protein | 20g fat | 12g carbs

Snack - Hard-boiled egg + bell pepper slices - 150 cal | 12g protein | 8g fat | 3g carbs

Dinner - Stuffed eggplant (ricotta, lentils, tomato) - 440 cal | 28g protein | 18g fat | 14g carbs

PM Snack - Greek yogurt + sunflower seeds - 170 cal | 14g protein | 6g fat | 3g carbs

Day 7

Breakfast - Mushroom spinach omelet + 1 slice GF toast + feta - 390 cal | 28g protein | 20g fat | 10g carbs

Mid-Morning Snack - Protein shake + almond milk + collagen - 220 cal | 30g protein | 8g fat | 3g carbs

Lunch - Grilled paneer (5 oz) + arugula + lemon olive oil dressing - 430 cal | 30g protein | 24g fat | 8g carbs

Snack - Hummus (2 tbsp) + carrot sticks - 150 cal | 5g protein | 10g fat | 6g carbs

Dinner - Roasted veggie medley with tahini drizzle + hemp seeds - 440 cal | 28g protein | 18g fat | 12g carbs

PM Snack - Cottage cheese + 1 tsp almond butter - 170 cal | 15g protein | 8g fat | 2g carbs