

1700-Calorie Vegetarian Meal Plan

Breakfast Options

Veggie Egg Scramble with Toast

- 2 whole eggs + 2 egg whites
- ½ cup spinach
- ¼ cup bell pepper
- 1 slice whole grain toast
- 1 tsp olive oil

Macros: 310 cal | 24g P | 22g C | 14g F

Greek Yogurt & Berry Bowl

- 1 cup nonfat Greek yogurt
- ½ cup mixed berries
- 2 tbsp granola
- 1 tbsp chia seeds

Macros: 290 cal | 22g P | 32g C | 6g F

Protein Oats with Almond Butter

- ½ cup oats
- 1 scoop vanilla protein powder
- ½ banana
- 1 tbsp almond butter

Macros: 370 cal | 27g P | 42g C | 12g F

Lunch Options

Lentil & Quinoa Power Bowl

- ½ cup cooked quinoa
- ½ cup cooked lentils
- 1 cup spinach
- ½ cup roasted zucchini
- 1 tbsp olive oil

Macros: 420 cal | 22g P | 48g C | 15g F

Chickpea Avocado Salad

- ½ cup chickpeas
- ½ avocado
- 1 cup cherry tomatoes
- 1 cup romaine lettuce
- 1 tbsp lemon juice + olive oil

Macros: 380 cal | 15g P | 32g C | 20g F

Egg & Veggie Wrap

- 1 whole wheat tortilla
- 2 boiled eggs
- ½ cup spinach
- ¼ cup shredded carrots
- 1 tbsp hummus

Macros: 360 cal | 23g P | 28g C | 14g F

Dinner Options

Tofu Stir Fry with Brown Rice

- 5 oz tofu
- 1 cup stir-fry veggies
- ½ cup brown rice
- 1 tbsp soy sauce

Macros: 480 cal | 34g P | 46g C | 16g F

Black Bean & Sweet Potato Bowl

- ½ cup black beans
- 1 medium roasted sweet potato
- 1 cup green beans
- 1 tsp olive oil

Macros: 430 cal | 22g P | 42g C | 12g F

Cottage Cheese & Roasted Veggie Plate

- 1 cup cottage cheese
- 1 cup roasted zucchini, bell pepper, mushrooms
- 5 whole wheat crackers

Macros: 420 cal | 35g P | 30g C | 14g F

Snack Options

Apple + Peanut Butter

- 1 medium apple
- 1 tbsp peanut butter

Macros: 190 cal | 4g P | 22g C | 9g F

Greek Yogurt with Almonds

- ½ cup Greek yogurt
- 1 tbsp almonds

Macros: 160 cal | 13g P | 6g C | 7g F

Oatmeal Protein Balls (serving = 2)

- 1 cup rolled oats
- ½ cup peanut butter
- 2 scoops protein powder
- 2 tbsp honey
- 2 tbsp mini chocolate chips
- 2 tbsp chia seeds

Macros: 210 cal | 12g P | 18g C | 9g F