

1600-Calorie Vegetarian Meal Plan

Breakfast Options

Veggie Omelet with Toast

Ingredients:

- 2 whole eggs + 1 egg white
- ½ cup spinach
- ¼ cup mushrooms, sliced
- ¼ cup cheddar cheese
- 1 slice whole grain toast

Instructions:

- Whisk eggs and pour into skillet.
- Add spinach + mushrooms and cook.
- Sprinkle cheese, fold omelet.
- Serve with toast.

Macros: 300 cal | 24g P | 20g C | 14g F

Greek Yogurt Parfait

Ingredients:

- ¾ cup nonfat Greek yogurt
- ½ cup mixed berries
- 1 tbsp chia seeds
- 1 tbsp granola

Instructions:

- Add yogurt to bowl.
- Top with berries, chia seeds, and granola.

Macros: 250 cal | 18g P | 30g C | 5g F

Protein Oats with Almond Butter

Ingredients:

- 1 cup rolled oats
- 1 scoop vanilla protein powder
- ½ banana, sliced
- 1 tsp almond butter

Instructions:

- Cook oats until soft.
- Stir in protein powder.
- Top with banana and almond butter.

Macros: 310 cal | 25g P | 35g C | 7g F

Lunch Options

Lentil & Quinoa Power Bowl

Ingredients:

- ½ cup cooked quinoa
- ½ cup cooked lentils

- 1 cup spinach
- ½ cup roasted zucchini
- 1 tsp olive oil

Instructions:

- Cook quinoa and lentils.
- Roast zucchini with olive oil.
- Assemble with spinach base, top with quinoa, lentils, and zucchini.

Macros: 350 cal | 22g P | 45g C | 9g F

Chickpea Salad Wrap

Ingredients:

- ½ cup chickpeas (mashed)
- 1 whole wheat tortilla
- 1 tbsp hummus
- ½ cup shredded carrots
- 1 cup spinach

Instructions:

- Spread hummus on tortilla.
- Add chickpeas, carrots, and spinach.
- Roll and slice in half.

Macros: 330 cal | 16g P | 42g C | 10g F

Egg & Veggie Bowl

Ingredients:

- 2 boiled eggs, chopped
- 1 cup roasted broccoli
- ½ cup cooked farro (or brown rice)
- 1 tsp olive oil

Instructions:

- Roast broccoli with olive oil.
- Combine farro, broccoli, and eggs in bowl.

Macros: 340 cal | 22g P | 36g C | 11g F

Dinner Options

Tofu Stir Fry with Cauliflower Rice

Ingredients:

- 4 oz tofu, cubed
- 1 cup mixed stir-fry veggies
- ½ cup cauliflower rice
- 1 tbsp soy sauce

Instructions:

- Pan-fry tofu until golden.
- Add veggies, cook until tender.
- Serve over cauliflower rice with soy sauce.

Macros: 360 cal | 28g P | 24g C | 14g F

Black Bean & Sweet Potato Bowl

Ingredients:

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

Instructions:

- Roast sweet potato.
- Steam green beans.
- Combine with black beans.

Macros: 340 cal | 20g P | 42g C | 9g F

Cottage Cheese & Roasted Veggie Plate

Ingredients:

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

Instructions:

- Roast veggies.
- Serve with cottage cheese and crackers.

Macros: 370 cal | 32g P | 32g C | 12g F

Snack Options

Apple + Peanut Butter

Ingredients:

- 1 medium apple
- 1 tsp natural peanut butter

Instructions:

- Slice apple and dip in peanut butter.

Macros: 140 cal | 2g P | 18g C | 7g F

Greek Yogurt + Almonds

Ingredients:

- ½ cup nonfat Greek yogurt
- 1 tbsp almonds

Instructions:

- Stir almonds into yogurt.

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

Oatmeal Protein Balls (2 balls)

Ingredients:

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

Instructions:

- Mix ingredients to form dough.

- Roll into 12 balls.
- Serving = 2 balls.

Macros: 200 cal | 14g P | 18g C | 9g F