

1800 Calorie High-Protein Vegetarian Meal Plan

This plan includes 3 breakfast, 3 lunch, 3 dinner, and 3 snack options. Each vegetarian meal is structured to prioritize protein while keeping carbs and fats moderate.

Breakfasts

Tofu Scramble with Spinach & Mushrooms

Ingredients: 6 oz firm tofu, 1 cup spinach, ½ cup mushrooms, 1 tsp olive oil, Turmeric, garlic powder

Instructions: Sauté spinach and mushrooms in olive oil. Add crumbled tofu with spices. Cook until golden.

Macros: 390 kcal | Protein: 36g | Carbs: 20g | Fat: 15g

High-Protein Greek Yogurt Bowl with Hemp Seeds

Ingredients: 1 cup Greek yogurt, ½ scoop protein powder, 1 tbsp hemp seeds, ½ cup raspberries

Instructions: Mix protein powder into yogurt. Top with berries and hemp seeds.

Macros: 400 kcal | Protein: 38g | Carbs: 28g | Fat: 12g

Protein Oatmeal with Almond Butter

Ingredients: ½ cup oats, 1 scoop protein powder, 1 tbsp almond butter, ½ cup almond milk

Instructions: Cook oats with almond milk. Stir in protein powder. Top with almond butter.

Macros: 395 kcal | Protein: 34g | Carbs: 42g | Fat: 11g

Lunches

Lentil & Quinoa Salad with Feta

Ingredients: 1 cup lentils, ½ cup quinoa, ¼ cup feta, 1 cup cucumber & tomato, 1 tbsp olive oil + lemon

Instructions: Combine ingredients and toss with dressing.

Macros: 440 kcal | Protein: 36g | Carbs: 40g | Fat: 15g

Chickpea & Tofu Stir-Fry

Ingredients: ½ cup chickpeas, 4 oz tofu, 1 cup broccoli, 1 cup bell peppers, 1 tbsp soy sauce

Instructions: Pan-fry tofu. Add chickpeas and veggies. Stir-fry and season.

Macros: 430 kcal | Protein: 38g | Carbs: 36g | Fat: 14g

Egg Salad Wrap (Low-Carb Tortilla)

Ingredients: 3 boiled eggs, 1 low-carb tortilla, 1 tbsp Greek yogurt, 1 cup greens

Instructions: Chop eggs and mix with yogurt. Wrap in tortilla with greens.

Macros: 450 kcal | Protein: 40g | Carbs: 25g | Fat: 16g

Dinners

Grilled Halloumi with Zucchini & Quinoa

Ingredients: 4 oz halloumi, 1 cup zucchini, ½ cup quinoa, 1 tsp olive oil

Instructions: Grill halloumi and zucchini. Serve with quinoa.

Macros: 465 kcal | Protein: 37g | Carbs: 34g | Fat: 18g

Baked Eggplant Parmesan (Light)

Ingredients: 1 eggplant, ½ cup marinara, ¼ cup mozzarella, 1 tbsp parmesan, ½ cup lentils

Instructions: Bake eggplant. Layer with marinara and cheese. Serve with lentils.

Macros: 455 kcal | Protein: 39g | Carbs: 32g | Fat: 15g

Paneer & Spinach Curry (Saag Paneer Light)

Ingredients: 4 oz paneer, 2 cups spinach, ½ cup light coconut milk, Curry spices

Instructions: Grill paneer. Cook spinach with coconut milk and spices. Combine.

Macros: 470 kcal | Protein: 41g | Carbs: 29g | Fat: 17g

Snacks

Cottage Cheese with Pineapple

Ingredients: 1 cup cottage cheese, ½ cup pineapple

Instructions: Mix and enjoy.

Macros: 210 kcal | Protein: 28g | Carbs: 16g | Fat: 5g

Edamame with Sea Salt

Ingredients: 1 cup edamame, Sea salt

Instructions: Steam edamame and sprinkle with salt.

Macros: 230 kcal | Protein: 26g | Carbs: 18g | Fat: 6g

Protein Smoothie with Spinach & Almond Milk

Ingredients: 1 scoop plant protein powder, 1 cup almond milk, 1 handful spinach, ½ banana

Instructions: Blend all ingredients.

Macros: 240 kcal | Protein: 32g | Carbs: 19g | Fat: 6g