

1800 Calorie High-Protein Vegetarian Meal Plan

(Plant-Based | Busy-Friendly | Batch-Cook Approved)

■ Target Macros (approximate):

- Protein: 140–150g
- Carbs: 160–170g
- Fat: 50–60g

Breakfast Options (pick 1 per day)

Protein Oatmeal Bowl

½ cup oats, 1 scoop plant protein powder, 1 tbsp chia seeds, ½ cup berries

Macros: 32g protein | 38g carbs | 8g fat | ~350 cal

Greek Yogurt & Nut Mix

1 cup Greek yogurt, ½ scoop protein powder, 1 tbsp almond butter, 2 tbsp walnuts

Macros: 36g protein | 22g carbs | 13g fat | ~360 cal

Veggie Egg Scramble

3 eggs, 2 egg whites, 1 cup spinach, ¼ cup shredded cheese

Macros: 34g protein | 7g carbs | 16g fat | ~330 cal

Lunch Options (pick 1 per day)

Lentil & Quinoa Bowl

1 cup cooked lentils, ½ cup quinoa, 1 cup roasted veggies

Macros: 35g protein | 45g carbs | 9g fat | ~390 cal

Chickpea Salad Wrap

1 cup chickpeas, 2 tbsp Greek yogurt, celery + onion, wrapped in whole wheat tortilla

Macros: 33g protein | 38g carbs | 10g fat | ~360 cal

Tofu Stir-Fry

5 oz tofu, 1 cup mixed veggies, 1 tbsp soy sauce, ½ cup cauliflower rice

Macros: 32g protein | 15g carbs | 11g fat | ~300 cal

Dinner Options (pick 1 per day)

Vegetarian Chili

1 cup black beans, 1 cup kidney beans, ½ cup corn, ½ cup diced tomatoes, chili seasoning

Macros: 36g protein | 40g carbs | 9g fat | ~380 cal

Eggplant Parmesan (light)

1 cup baked eggplant slices, ½ cup marinara, ¼ cup mozzarella, ½ cup chickpeas on side

Macros: 33g protein | 29g carbs | 12g fat | ~350 cal

Paneer & Spinach Curry

4 oz paneer, 1 cup spinach, curry spices, ½ cup cauliflower rice

Macros: 34g protein | 14g carbs | 18g fat | ~370 cal

Snack Options (pick 2 per day)

Protein Smoothie

1 scoop plant protein, 1 cup almond milk, ½ banana, 1 tbsp almond butter

Macros: 32g protein | 18g carbs | 9g fat | ~270 cal

Cottage Cheese & Berries

1 cup low-fat cottage cheese, ½ cup blueberries

Macros: 28g protein | 16g carbs | 3g fat | ~210 cal

Roasted Edamame Cups

1 cup roasted edamame, sea salt + garlic powder

Macros: 30g protein | 15g carbs | 8g fat | ~240 cal

■ **Coach's Note:** Vegetarian high-protein success is about balance. Use lentils, beans, tofu, paneer, and Greek yogurt strategically so protein stays high without carbs creeping up.