

1600 Calorie Vegetarian Meal Plan

Breakfasts (~350–400 cals)

1. Veggie Omelet - 2 eggs, 1 cup spinach, ½ cup mushrooms, 1 oz feta (~360 cals | 26P / 8C / 24F)
2. Protein Oatmeal - ½ cup oats, 1 scoop plant protein, 1 tbsp almond butter (~370 cals | 30P / 28C / 14F)
3. Avocado Toast & Eggs - 1 slice whole-grain bread, ½ avocado, 1 egg (~350 cals | 16P / 25C / 18F)
4. Protein Smoothie - 1 scoop plant protein, 1 cup almond milk, ½ banana, 1 tbsp chia seeds (~380 cals | 28P / 28C / 12F)

Snacks (~150–200 cals)

1. Apple + 2 tbsp peanut butter (~180 cals | 6P / 18C / 10F)
2. Protein Shake - 1 scoop plant protein + water (~120 cals | 24P / 2C / 1F)
3. Edamame - 1 cup shelled edamame (~190 cals | 18P / 14C / 7F)
4. Veggie Sticks + Hummus - 1 cup mixed veggies + 2 tbsp hummus (~160 cals | 6P / 16C / 8F)

Lunches (~350–400 cals)

1. Lentil Salad - 1 cup cooked lentils, cucumber, tomato, olive oil dressing (~380 cals | 24P / 34C / 12F)
2. Chickpea Wrap - 1 low-carb wrap, ½ cup chickpeas, lettuce, tomato, tahini (~360 cals | 20P / 30C / 12F)
3. Quinoa Bowl - ½ cup quinoa, ½ cup black beans, 1 cup roasted veggies (~390 cals | 20P / 42C / 10F)
4. Greek Salad with Tofu - 4 oz tofu, cucumber, tomato, 1 oz feta, olive oil (~370 cals | 26P / 15C / 22F)

Dinners (~400–450 cals)

1. Stir-Fried Tofu & Veggies - 4 oz tofu, 2 cups mixed veggies, soy sauce, sesame oil (~420 cals | 28P / 22C / 20F)
2. Black Bean Bowl - 1 cup black beans, 1 cup sautéed peppers, 1 tbsp olive oil (~430 cals | 26P / 40C / 14F)
3. Eggplant Parmesan - 1 cup baked eggplant, ½ cup marinara, 1 oz mozzarella (~440 cals | 24P / 28C / 24F)
4. Paneer Curry - 4 oz paneer, 1 cup spinach, curry spices (~450 cals | 30P / 20C / 28F)