

1700 Calorie Vegetarian Meal Plan

Breakfast Options

Protein Smoothie Bowl

Ingredients:

- 1 scoop plant-based protein powder (vanilla)
- ½ banana, frozen
- ½ cup mixed berries
- 1 tbsp almond butter
- ½ cup unsweetened almond milk
- 2 tbsp granola

Instructions:

- Blend protein powder, banana, berries, almond butter, and almond milk.
- Pour into bowl, top with granola.

Macros: ~350 cal | 25g P | 40g C | 12g F

Veggie Omelet with Toast

Ingredients:

- 2 whole eggs + 2 egg whites
- ¼ cup mushrooms
- ¼ cup bell peppers
- 1 tsp olive oil
- 1 slice whole-grain toast

Instructions:

- Heat olive oil, sauté mushrooms and peppers.
- Add eggs, cook into omelet.
- Serve with toast.

Macros: ~320 cal | 26g P | 20g C | 12g F

Greek Yogurt Parfait

Ingredients:

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

Instructions:

- Layer yogurt with berries.
- Sprinkle chia and pumpkin seeds on top.

Macros: ~280 cal | 23g P | 25g C | 9g F

Lunch Options

Lentil & Quinoa Power Bowl

Ingredients:

- ½ cup cooked lentils
- ½ cup cooked quinoa
- ½ cup roasted zucchini & peppers
- 1 tbsp olive oil
- 1 tbsp feta cheese

Instructions:

- Cook lentils and quinoa.
- Roast veggies with olive oil.
- Combine all in bowl, sprinkle feta.

Macros: ~380 cal | 22g P | 46g C | 13g F

Chickpea Salad Wrap

Ingredients:

- ½ cup chickpeas (mashed)
- 1 tbsp Greek yogurt
- 1 tbsp olive oil mayo
- 1 tbsp diced celery
- 1 whole wheat tortilla

Instructions:

- Mash chickpeas, mix with yogurt, mayo, celery.
- Spread on tortilla and roll.

Macros: ~340 cal | 20g P | 45g C | 11g F

Tofu Stir-Fry with Brown Rice

Ingredients:

- 4 oz firm tofu, cubed
- 1 cup mixed stir-fry veggies
- ½ cup cooked brown rice
- 1 tsp soy sauce
- 1 tsp sesame oil

Instructions:

- Pan-sear tofu until golden.
- Add veggies, cook until tender.
- Serve with rice and soy sauce.

Macros: ~360 cal | 28g P | 35g C | 12g F

Dinner Options

Black Bean & Sweet Potato Bowl

Ingredients:

- ½ cup black beans
- ½ medium sweet potato, roasted
- 1 cup spinach
- 1 tsp olive oil
- 2 tbsp salsa

Instructions:

- Roast sweet potato at 400°F.
- Combine with beans, spinach, salsa.
- Drizzle with olive oil.

Macros: ~380 cal | 20g P | 48g C | 11g F

Vegetarian Chili**Ingredients:**

- ½ cup kidney beans
- ½ cup black beans
- ½ cup diced tomatoes
- ½ cup zucchini
- 1 tsp olive oil
- Chili seasoning

Instructions:

- Heat oil, sauté zucchini.
- Add beans, tomatoes, seasoning.
- Simmer 20 minutes.

Macros: ~360 cal | 24g P | 45g C | 10g F

Paneer & Cauliflower Curry**Ingredients:**

- 3 oz paneer cheese, cubed
- 1 cup cauliflower florets
- 2 tbsp light coconut milk
- 1 tsp curry powder
- 1 tsp olive oil

Instructions:

- Heat oil, cook paneer until golden.
- Add cauliflower, coconut milk, curry powder.
- Simmer until tender.

Macros: ~400 cal | 28g P | 28g C | 18g F

Snack Options***Hummus & Veggie Sticks*****Ingredients:**

- 3 tbsp hummus
- 1 cup raw veggies (carrots, cucumber, celery)

Instructions:

- Slice veggies.
- Serve with hummus.

Macros: ~150 cal | 6g P | 14g C | 9g F

Cottage Cheese & Pineapple

Ingredients:

- ½ cup low-fat cottage cheese
- ½ cup diced pineapple

Instructions:

- Combine cottage cheese with pineapple.

Macros: ~160 cal | 14g P | 18g C | 4g F

Protein Energy Bar

Ingredients:

- 1 bar (~200 cal, ~15–20g protein)

Instructions:

- Eat as a convenient snack.

Macros: ~200 cal | 18g P | 20g C | 6g F