

1600 Calorie Vegetarian Meal Plan

High-protein, plant-forward, balanced for energy, strength, and recovery.

Breakfast Options

- Protein Greek Yogurt Bowl 1 cup nonfat Greek yogurt, ½ cup berries, 1 tbsp chia seeds, ½ scoop vanilla protein powder. Mix yogurt, chia seeds, and protein powder. Top with berries. Macros: ~340 cal | 34g P | 28g C | 6g F
- Veggie Egg Scramble with Toast 2 eggs + 2 egg whites, ½ cup spinach, peppers, onions, 1 tsp olive oil, 1 slice whole-grain toast. Sauté veggies in olive oil, add eggs and scramble. Serve with toast. Macros: ~340 cal | 30g P | 18g C | 15g F
- Protein Oat Bowl ½ cup oats, 1 scoop plant protein powder, 1 tsp almond butter, ½ banana. Cook oats, stir in protein powder, top with banana and almond butter. Macros: ~350 cal | 30g P | 40g C | 9g F

Lunch Options

- Lentil & Veg Bowl ½ cup cooked lentils, ½ cup quinoa, 1 cup roasted vegetables, 1 tsp olive oil. Mix lentils, quinoa, and veggies, drizzle olive oil. Macros: ~370 cal | 27g P | 45g C | 8g F
- Veggie Wrap 1 whole wheat wrap, ½ cup black beans, 2 tbsp hummus, spinach, tomato, cucumber. Spread hummus, add beans and veggies, roll and cut in half. Macros: ~340 cal | 28g P | 30g C | 9g F
- Cottage Cheese Power Bowl ¾ cup low-fat cottage cheese, ½ cup diced cucumber and tomato, 1 tsp olive oil. Mix and serve cold. Macros: ~300 cal | 32g P | 12g C | 10g F

Dinner Options

- Tofu Stir-Fry 4 oz extra-firm tofu, 1 cup mixed vegetables, 1 tsp sesame oil, 1 tsp soy sauce. Sauté tofu and veggies in sesame oil, add soy sauce. Macros: ~340 cal | 32g P | 22g C | 13g F
- Eggplant Parmesan Bowl ½ medium eggplant, ¼ cup marinara sauce, 1 oz mozzarella, 2 tbsp parmesan. Layer eggplant, marinara, and cheese, bake until bubbly. Macros: ~320 cal | 28g P | 18g C | 14g F
- Chickpea Veg Skillet ½ cup chickpeas, ½ cup zucchini and peppers, 1 tsp olive oil, 1 tbsp feta. Sauté chickpeas and veggies, top with feta. Macros: ~330 cal | 27g P | 32g C | 10g F

Snack Options

- Protein Shake 1 scoop plant protein, 1 cup unsweetened almond milk. Macros: ~150 cal | 25g P | 3g C | 4g F
- Almonds & Cheese Snack 12 almonds, 1 oz low-fat cheese. Macros: ~180 cal | 12g P | 6g C | 12g F

- Hard-Boiled Eggs 2 boiled eggs. Macros: ~140 cal | 12g P | 1g C | 9g F

Daily Macro Summary (Approximate)

Calories: 1600 | Protein: 130–145g | Carbs: 110–130g | Fat: 45–55g