

1700 Calorie Vegetarian Meal Plan

Balanced high-protein vegetarian plan built for performance, recovery, and sustainable energy.
Approx. 1700 cal | 130–140g Protein | 120–130g Carbs | 60–70g Fat

Breakfast Options (350–400 cal)

Greek Power Bowl

¾ cup nonfat Greek yogurt, ½ scoop whey protein, 1 tbsp chia seeds, ¼ cup berries, 1 tsp honey, cinnamon.

380 cal | 35g P | 30g C | 10g F

Veggie Omelet

2 eggs + 3 egg whites, ½ cup spinach, ¼ cup peppers, ¼ avocado, cooked in 1 tsp olive oil.

370 cal | 32g P | 6g C | 24g F

Protein Oats

½ cup oats cooked in almond milk, ½ scoop whey protein, 1 tbsp peanut butter.

390 cal | 33g P | 34g C | 12g F

Lunch Options (400–450 cal)

Lentil Protein Bowl

¾ cup cooked lentils, ½ cup tofu, 1 tsp olive oil, ½ cup steamed broccoli.

420 cal | 34g P | 30g C | 14g F

Cottage Cheese Salad

1 cup low-fat cottage cheese, ½ cup chickpeas, ¼ avocado, 1 tbsp olive oil, cucumber and tomato.

430 cal | 36g P | 20g C | 18g F

Tofu Stir-Fry

4 oz tofu, 1 tsp sesame oil, 1 cup mixed vegetables, 1 tbsp soy sauce.

400 cal | 33g P | 22g C | 16g F

Dinner Options (400–450 cal)

Tempeh Power Plate

3 oz tempeh, ½ cup cooked quinoa, 1 tsp olive oil, ½ cup sautéed spinach.

430 cal | 35g P | 32g C | 14g F

High-Protein Veggie Curry

½ cup lentils, ½ cup peas, 3 oz paneer or tofu, simmered in light coconut milk and curry spices.

440 cal | 33g P | 28g C | 17g F

Egg Scramble Bowl

2 eggs, 3 egg whites, ¼ cup diced potatoes, ½ cup peppers and onions, 1 tsp butter.

410 cal | 34g P | 20g C | 18g F

Snack Options (150–200 cal)

Protein Shake

1 scoop whey or plant protein blended with almond milk and ice.

180 cal | 25g P | 3g C | 5g F

Almonds ($\frac{1}{4}$ cup)

170 cal | 6g P | 6g C | 15g F

Edamame Cup ($\frac{1}{2}$ cup)

160 cal | 17g P | 10g C | 7g F

Greek Yogurt ($\frac{3}{4}$ cup plain nonfat)

120 cal | 18g P | 6g C | 0g F

Approximate Daily Summary

Calories: 1700 | Protein: 130–140g | Carbs: 120–130g | Fat: 60–70g