

1700 Calorie Vegetarian Meal Plan

High-protein, plant-forward plan for energy, performance, and longevity.

Approx. 1700 cal | 120–130g Protein | 130–140g Carbs | 45–55g Fat

Breakfast Options (400–450 cal)

Greek Yogurt Bowl

1 cup plain Greek yogurt, ½ cup berries, 2 tbsp chia seeds, 1 tbsp honey. 420 cal | 35g P | 35g C | 12g F

Protein Oatmeal

½ cup oats, 1 scoop vanilla protein, 1 tbsp peanut butter, cinnamon. 430 cal | 38g P | 35g C | 11g F

Egg Veggie Scramble

2 eggs + 3 egg whites, ½ cup peppers, spinach, 1 tsp olive oil. 410 cal | 32g P | 14g C | 22g F

Cottage Cheese & Fruit Bowl

¾ cup low-fat cottage cheese, ½ banana, 1 tbsp almond butter. 400 cal | 33g P | 28g C | 12g F

Smoothie Power Blend

1 scoop protein, ½ cup oats, spinach, ½ banana, almond milk. 440 cal | 36g P | 40g C | 10g F

Lunch Options (400–450 cal)

Lentil Power Bowl

1 cup cooked lentils, ½ cup spinach, 1 tbsp olive oil, herbs. 440 cal | 34g P | 38g C | 13g F

Veggie & Tofu Stir-Fry

4 oz tofu, 1 cup mixed veggies, ½ cup jasmine rice, soy sauce. 450 cal | 33g P | 36g C | 15g F

Chickpea Salad Wrap

1 whole wheat wrap, ½ cup chickpeas, lettuce, tomato, 1 tbsp tahini. 420 cal | 28g P | 32g C | 14g F

Greek Grain Bowl

½ cup quinoa, 2 oz feta, ½ cup chickpeas, cucumber, tomato, olive oil drizzle. 440 cal | 29g P | 36g C | 16g F

Black Bean Burrito Bowl

½ cup black beans, ½ cup rice, avocado, salsa, lettuce. 450 cal | 30g P | 38g C | 15g F

Dinner Options (450–500 cal)

Paneer & Veggie Bowl

3 oz paneer, 1 cup veggies, ½ cup rice, 1 tbsp ghee or olive oil. 480 cal | 36g P | 34g C | 18g F

Tofu Curry

4 oz tofu, ½ cup coconut milk, 1 cup cauliflower rice, curry spices. 470 cal | 34g P | 22g C | 20g F

Veggie Pasta Bowl

1 cup protein pasta, tomato sauce, 2 oz mozzarella, 1 tbsp olive oil. 490 cal | 40g P | 40g C | 14g F

Stuffed Peppers

2 peppers stuffed with quinoa, black beans, and cheese. 460 cal | 32g P | 35g C | 16g F

Eggplant Parmesan (Light)

1 baked eggplant slice, ½ cup marinara, 1 oz mozzarella, served with greens. 450 cal | 30g P | 30g C | 18g F

Snack Options (150–200 cal)

Protein Shake

1 scoop protein with water or almond milk. 180 cal | 30g P | 4g C | 2g F

Trail Mix

1 oz nuts and seeds, a few raisins. 190 cal | 7g P | 10g C | 14g F

Greek Yogurt Cup

¾ cup Greek yogurt, stevia, cinnamon. 160 cal | 15g P | 9g C | 4g F

Veggies & Hummus

1 cup sliced veggies, 3 tbsp hummus. 170 cal | 9g P | 15g C | 8g F

Cottage Cheese & Berries

½ cup low-fat cottage cheese, ½ cup berries. 170 cal | 16g P | 12g C | 5g F

Approximate Daily Summary

Calories: 1700 | Protein: 120–130g | Carbs: 130–140g | Fat: 45–55g