



1800 Calorie Vegetarian Performance Meal Plan

High-protein, plant-forward fuel for strength, focus, and metabolic performance.

Approx. 1800 cal | 160g Protein | 140g Carbs | 60g Fat

Breakfast Options (400–450 cal)

Protein Oat Bowl

½ cup oats cooked in water, 1 scoop whey protein, 1 tbsp almond butter, cinnamon

430 cal | 38g P | 35g C | 14g F

Egg & Veggie Scramble

2 eggs + 3 egg whites, 1 tsp olive oil, spinach, bell peppers, mushrooms

410 cal | 34g P | 15g C | 18g F

Greek Yogurt Parfait

1 cup nonfat Greek yogurt, ½ scoop whey, ¼ cup granola, ½ cup berries

420 cal | 40g P | 35g C | 8g F

Protein Smoothie

1 scoop plant or whey protein, ½ banana, 1 tbsp peanut butter, 1 cup almond milk

440 cal | 42g P | 28g C | 14g F

Egg White Omelet & Toast

1 whole egg + 4 whites, 1 slice sprouted toast, 1 tsp butter

420 cal | 36g P | 25g C | 12g F

Lunch Options (400–450 cal)

Lentil Power Bowl

½ cup cooked lentils, 2 boiled eggs, 1 tsp olive oil, spinach

440 cal | 35g P | 35g C | 13g F

Tofu & Quinoa Bowl

4 oz firm tofu sautéed in coconut aminos, ½ cup quinoa, veggies

430 cal | 36g P | 32g C | 12g F

Cottage Cheese Plate

1 cup low-fat cottage cheese, 1 slice whole-grain toast, cucumber, tomato

420 cal | 38g P | 30g C | 10g F

Egg Salad Wrap

2 boiled eggs + 3 whites, 1 tbsp light mayo, lettuce, low-carb wrap

440 cal | 40g P | 25g C | 15g F

Veggie Burger Bowl

1 high-protein veggie patty, ½ cup brown rice, 1 tsp olive oil

450 cal | 37g P | 35g C | 14g F

Dinner Options (450–500 cal)**Paneer & Peas Stir Fry**

4 oz paneer, ½ cup peas, ½ cup rice, 1 tsp ghee

480 cal | 38g P | 35g C | 18g F

High-Protein Pasta Bowl

2 oz chickpea pasta, ½ cup marinara, 1 oz shredded mozzarella, spinach

470 cal | 40g P | 40g C | 12g F

Tofu Veggie Stir Fry

5 oz tofu, 1 cup mixed veggies, ½ cup rice, sesame oil

490 cal | 43g P | 32g C | 17g F

Egg & Veggie Curry Bowl

2 boiled eggs, ½ cup chickpeas, ½ cup rice, curry spices

460 cal | 38g P | 38g C | 14g F

Halloumi & Roasted Veggies

3 oz halloumi cheese, 1 cup roasted zucchini & peppers, ½ cup quinoa

480 cal | 37g P | 30g C | 18g F

Snack Options (150–200 cal)**Greek Yogurt & Honey**

¾ cup Greek yogurt, 1 tsp honey

180 cal | 20g P | 12g C | 5g F

Protein Bar

1 bar (20g protein)

190 cal | 20g P | 22g C | 5g F

Roasted Edamame

¼ cup roasted edamame

180 cal | 18g P | 14g C | 7g F

String Cheese & Almonds

1 mozzarella stick + 10 almonds

170 cal | 13g P | 7g C | 10g F

Cottage Cheese & Pineapple

½ cup low-fat cottage cheese, ¼ cup pineapple chunks

160 cal | 17g P | 12g C | 5g F

Approximate Daily Summary

Calories: 1800

Protein: 155–170g

Carbs: 130–150g

Fat: 55–65g