

1600-Calorie Vegetarian Meal Plan

Breakfast Options

Vegetarian Omelet

Ingredients:

- 3 whole eggs
- 1/4 cup diced tomatoes
- 1 oz feta cheese
- 1 tsp olive oil

Instructions:

- Whisk eggs, cook in olive oil, and add tomatoes and feta before folding.

Macros: 320 cal | 25g P | 5g C | 22g F

Greek Yogurt Protein Bowl

Ingredients:

- 3/4 cup full-fat Greek yogurt
- 1/2 scoop vanilla whey protein
- 1 tbsp chia seeds
- 1/4 cup raspberries

Instructions:

- Mix yogurt and protein; top with chia and berries.

Macros: 290 cal | 30g P | 8g C | 14g F

Cottage Cheese & Avocado Bowl

Ingredients:

- 1/2 cup full-fat cottage cheese
- 1/2 small avocado
- 1 tsp olive oil
- Sea salt and pepper

Instructions:

- Combine cottage cheese, avocado, and olive oil; mix well.

Macros: 300 cal | 27g P | 6g C | 19g F

Lunch Options

Tofu Veggie Bowl

Ingredients:

- 4 oz firm tofu, cubed
- 1 cup spinach
- 1/2 cup zucchini, sautéed
- 1 tsp olive oil

Instructions:

- Sear tofu until golden, add spinach and zucchini.

Macros: 330 cal | 32g P | 7g C | 19g F

Caprese Salad

Ingredients:

- 2 oz mozzarella
- 1/2 avocado

- 1/2 cup cherry tomatoes
- 1 tsp olive oil + balsamic vinegar

Instructions:

- Layer all ingredients, drizzle with olive oil and vinegar.

Macros: 310 cal | 25g P | 9g C | 20g F

Egg Salad Lettuce Cups

Ingredients:

- 2 hard-boiled eggs
- 1 tbsp olive oil mayo
- 2 romaine lettuce leaves
- 1/4 cup diced cucumber

Instructions:

- Mix eggs with mayo and cucumber; serve in lettuce cups.

Macros: 280 cal | 23g P | 5g C | 18g F

Dinner Options

Paneer & Broccoli Bowl

Ingredients:

- 3 oz paneer (Indian cheese)
- 1 cup broccoli florets
- 1 tsp ghee or olive oil
- Spices (turmeric, cumin, salt)

Instructions:

- Sauté paneer and broccoli in ghee with spices.

Macros: 380 cal | 34g P | 9g C | 24g F

Zucchini Noodle Alfredo

Ingredients:

- 1 cup zucchini noodles
- 1/4 cup heavy cream
- 1 oz parmesan cheese
- 1 tsp olive oil

Instructions:

- Sauté zoodles, stir in cream and cheese until sauce thickens.

Macros: 350 cal | 27g P | 10g C | 25g F

Eggplant & Spinach Stir-Fry

Ingredients:

- 1/2 cup eggplant, cubed
- 1 cup spinach
- 1 oz tofu or paneer
- 1 tsp olive oil

Instructions:

- Stir-fry all ingredients in olive oil until tender.

Macros: 300 cal | 30g P | 8g C | 15g F

Snack Options

Almonds & String Cheese

Ingredients:

- 1 oz almonds
- 1 mozzarella string cheese

Instructions:

- Pair and enjoy.

Macros: 200 cal | 15g P | 5g C | 14g F

Protein Shake

Ingredients:

- 1 scoop whey protein
- 1 cup unsweetened almond milk
- 1 tsp almond butter

Instructions:

- Blend and serve.

Macros: 180 cal | 28g P | 4g C | 7g F

Celery & Guacamole

Ingredients:

- 2 celery stalks
- 2 tbsp guacamole

Instructions:

- Dip celery into guacamole and enjoy.

Macros: 120 cal | 4g P | 5g C | 9g F