

■ 1800 Calorie Vegetarian High-Protein 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 plant 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 plant protein, ¼ cup granola, ½ cup berries — 420 cal | 40g P | 35g C | 8g F

Protein Smoothie: 1 scoop plant 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: $\frac{3}{4}$ 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: $\frac{1}{4}$ 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: $\frac{1}{2}$ cup low-fat cottage cheese, $\frac{1}{4}$ 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