

■ 1700 Calorie Vegetarian High-Protein Meal Plan

Balanced vegetarian plan designed to build strength, support recovery, and enhance metabolic performance.

Approx. 1700 cal | 150g Protein | 145g Carbs | 55g Fat

Breakfast Options (350–400 cal)

Protein Oat Bowl: ½ cup oats cooked in water, 1 scoop plant protein, 1 tbsp almond butter, cinnamon — 380 cal | 36g P | 35g C | 12g F

Egg & Veggie Scramble: 2 eggs + 3 egg whites, 1 tsp olive oil, spinach, peppers, mushrooms — 370 cal | 33g P | 14g C | 16g F

Greek Yogurt Parfait: 1 cup nonfat Greek yogurt, ½ scoop protein, ¼ cup granola, ½ cup berries — 390 cal | 35g P | 35g C | 8g F

Protein Smoothie: 1 scoop plant protein, ½ banana, 1 tbsp peanut butter, 1 cup almond milk — 400 cal | 38g P | 28g C | 14g F

Egg White Omelet & Toast: 1 whole egg + 4 whites, 1 slice sprouted toast, 1 tsp butter — 380 cal | 34g P | 25g C | 10g F

Lunch Options (400–425 cal)

Lentil Power Bowl: ½ cup cooked lentils, 2 boiled eggs, 1 tsp olive oil, spinach — 420 cal | 34g P | 35g C | 13g F

Tofu & Quinoa Bowl: 4 oz firm tofu sautéed in coconut aminos, ½ cup quinoa, veggies — 415 cal | 35g P | 32g C | 12g F

Cottage Cheese Plate: 1 cup low-fat cottage cheese, 1 slice whole-grain toast, cucumber, tomato — 410 cal | 37g P | 30g C | 10g F

Egg Salad Wrap: 2 boiled eggs + 3 whites, 1 tbsp light mayo, lettuce, low-carb wrap — 420 cal | 38g P | 25g C | 14g F

Veggie Burger Bowl: 1 high-protein veggie patty, ½ cup brown rice, 1 tsp olive oil — 425 cal | 36g P | 35g C | 13g F

Dinner Options (425–450 cal)

Paneer & Peas Stir Fry: 3 oz paneer, ½ cup peas, ½ cup rice, 1 tsp ghee — 450 cal | 36g P | 35g C | 17g F

High-Protein Pasta Bowl: 2 oz chickpea pasta, ½ cup marinara, 1 oz mozzarella, spinach — 440 cal | 38g P | 40g C | 10g F

Tofu Veggie Stir Fry: 5 oz tofu, 1 cup mixed veggies, ½ cup rice, sesame oil — 445 cal | 40g P | 32g C | 16g F

Egg & Veggie Curry Bowl: 2 boiled eggs, ½ cup chickpeas, ½ cup rice, curry spices — 430 cal | 36g P | 38g C | 13g F

Halloumi & Roasted Veggies: 3 oz halloumi, 1 cup roasted zucchini & peppers, ½ cup quinoa — 440 cal | 35g P | 30g C | 17g F

Snack Options (125–175 cal)

Greek Yogurt & Honey: $\frac{3}{4}$ cup Greek yogurt, 1 tsp honey — 160 cal | 18g P | 12g C | 4g F

Protein Bar: 1 bar (20g protein) — 180 cal | 20g P | 22g C | 5g F

Roasted Edamame: $\frac{1}{4}$ cup roasted edamame — 170 cal | 17g P | 14g C | 6g F

String Cheese & Almonds: 1 mozzarella stick + 10 almonds — 160 cal | 12g P | 6g C | 9g F

Cottage Cheese & Pineapple: $\frac{1}{2}$ cup low-fat cottage cheese, $\frac{1}{4}$ cup pineapple chunks — 150 cal | 15g P | 12g C | 4g F

Approximate Daily Summary

Calories: 1700

Protein: 145–155g

Carbs: 135–150g

Fat: 50–60g