

1600-Calorie Vegetarian Meal Plan

BREAKFAST RECIPES (350–400 calories)

1. High-Protein Veggie Scramble

370 cal | 30g P | 18g C | 22g F

Ingredients

- 2 whole eggs
- 3 egg whites
- 1 cup spinach
- ½ cup bell peppers
- 1 tsp olive oil
- Salt + pepper

Instructions

1. Heat oil in a pan.
2. Add peppers + spinach; sauté.
3. Scramble in eggs and egg whites.
4. Season and serve.

2. Greek Yogurt Power Bowl

380 cal | 35g P | 32g C | 8g F

Ingredients

- 1 cup Greek yogurt
- ½ cup berries
- 1 tbsp chia seeds

- Cinnamon

Instructions

Mix ingredients in a bowl. Serve chilled.

3. Protein Oatmeal (Vegetarian)

400 cal | 32g P | 45g C | 10g F

Ingredients

- ½ cup oats
- 1 scoop plant protein
- 1 tbsp hemp seeds
- ½ banana
- Water or almond milk

Instructions

1. Cook oats.
 2. Stir in plant protein.
 3. Add banana and hemp seeds.
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4. Cottage Cheese Breakfast Plate

360 cal | 32g P | 26g C | 12g F

Ingredients

- ¾ cup cottage cheese
- ½ cup pineapple
- 1 tbsp pumpkin seeds

Instructions

Combine all ingredients in a bowl.

5. Vegetarian Protein Smoothie

350 cal | 30g P | 22g C | 14g F

Ingredients

- 1 scoop plant protein
- ½ cup berries
- 1 tbsp almond butter
- Almond milk
- Spinach

Instructions

Blend until smooth.

LUNCH RECIPES (350–400 calories)

1. Vegetarian Burrito Bowl

390 cal | 26g P | 46g C | 12g F

Ingredients

- ½ cup black beans
- ½ cup cauliflower rice
- ¼ cup corn
- 1 cup lettuce
- Salsa
- 1 tbsp Greek yogurt

Instructions

Layer ingredients in a bowl and mix.

2. Tofu Veggie Stir-Fry

360 cal | 32g P | 20g C | 18g F

Ingredients

- 4 oz tofu
- 1 cup veggies
- 1 tsp sesame oil
- Coconut aminos or soy sauce

Instructions

Stir-fry tofu until crisp. Add veggies and sauce.

3. Chickpea Salad Bowl

380 cal | 22g P | 42g C | 12g F

Ingredients

- ½ cup chickpeas
- 1 cup greens
- Cucumber
- Tomato
- 1 tbsp olive oil

Instructions

Mix everything in a bowl.

4. Lentil Protein Plate

400 cal | 30g P | 42g C | 8g F

Ingredients

- 1 cup cooked lentils
- Spinach
- Onion

- Paprika + garlic

Instructions

Heat lentils with spices. Serve over greens.

5. High-Protein Veggie Wrap

370 cal | 28g P | 30g C | 12g F

Ingredients

- 1 high-protein wrap
- ½ cup black beans
- Spinach
- Greek yogurt spread
- Salsa

Instructions

Fill wrap; roll; slice.

DINNER RECIPES (400–450 calories)

1. Vegetarian Alfredo Zoodles

420 cal | 32g P | 20g C | 26g F

Ingredients

- 1 cup zucchini noodles
- ½ cup chickpea pasta
- ¼ cup light alfredo
- ½ cup mushrooms

- ½ cup spinach

Instructions

Cook chickpea pasta.

Sauté mushrooms + spinach.

Mix with zoodles + alfredo.

2. High-Protein Veggie Curry

440 cal | 30g P | 42g C | 14g F

Ingredients

- 1 cup lentils
- ½ cup cauliflower
- ½ cup carrots
- 1 tsp coconut oil
- Curry powder

Instructions

Cook all ingredients together until soft.

3. Tofu & Broccoli Bowl

410 cal | 34g P | 18g C | 20g F

Ingredients

- 4 oz tofu
- 1 cup broccoli
- 1 tsp olive oil
- Garlic

Instructions

Sauté tofu; add broccoli; cook until tender.

4. Quinoa Veggie Protein Plate

430 cal | 28g P | 48g C | 10g F

Ingredients

- ½ cup quinoa
- ½ cup black beans
- 1 cup greens
- 1 tbsp olive oil

Instructions

Combine quinoa, beans, and greens.

5. Vegetarian Protein Skillet

450 cal | 34g P | 38g C | 14g F

Ingredients

- 4 oz tofu or tempeh
- Zucchini
- Spinach
- Garlic
- 1 tsp coconut oil

Instructions

Sauté protein and vegetables together until golden.

SNACK RECIPES (100–150 calories)

1. Greek Yogurt Cup

100 cal | 10g P | 6g C | 2g F

½ cup yogurt + cinnamon

2. Apple + Almond Butter

150 cal | 3g P | 18g C | 8g F

3. Protein Shake

120–150 cal | 24–30g P | 2–4g C | 1–2g F

4. Carrots & Hummus

130 cal | 4g P | 14g C | 6g F

5. Cottage Cheese Cup

100 cal | 12g P | 4g C | 2g F