

7-Day Vegetarian Meal Plan

1800 calories/day | Plant-based protein

Plan Overview:

- Prep time: 40 min/day
- Meals per day: 3 meals + 2 snacks
- Macro split: 20% protein, 50% carbs, 30% fats

7-Day Meal Plan:

Monday:

Breakfast: Smoothie bowl with protein powder and seeds (300 cal)

Lunch: Lentil curry with brown rice (400 cal)

Dinner: Tofu stir-fry with quinoa (450 cal)

Snacks: Hummus with vegetables, Mixed nuts (650 cal)

Tuesday:

Breakfast: Smoothie bowl with protein powder and seeds (300 cal)

Lunch: Lentil curry with brown rice (400 cal)

Dinner: Tofu stir-fry with quinoa (450 cal)

Snacks: Hummus with vegetables, Mixed nuts (650 cal)

Wednesday:

Breakfast: Smoothie bowl with protein powder and seeds (300 cal)

Lunch: Lentil curry with brown rice (400 cal)

Dinner: Tofu stir-fry with quinoa (450 cal)

Snacks: Hummus with vegetables, Mixed nuts (650 cal)

Thursday:

Breakfast: Smoothie bowl with protein powder and seeds (300 cal)

Lunch: Lentil curry with brown rice (400 cal)

Dinner: Tofu stir-fry with quinoa (450 cal)

Snacks: Hummus with vegetables, Mixed nuts (650 cal)

Friday:

Breakfast: Smoothie bowl with protein powder and seeds (300 cal)

Lunch: Lentil curry with brown rice (400 cal)

Dinner: Tofu stir-fry with quinoa (450 cal)

Snacks: Hummus with vegetables, Mixed nuts (650 cal)

Saturday:

Breakfast: Smoothie bowl with protein powder and seeds (300 cal)

Lunch: Lentil curry with brown rice (400 cal)

Dinner: Tofu stir-fry with quinoa (450 cal)

Snacks: Hummus with vegetables, Mixed nuts (650 cal)

Sunday:

Breakfast: Smoothie bowl with protein powder and seeds (300 cal)

Lunch: Lentil curry with brown rice (400 cal)

Dinner: Tofu stir-fry with quinoa (450 cal)

Snacks: Hummus with vegetables, Mixed nuts (650 cal)

Shopping List:

- Plant-based protein powder
- Chia seeds
- Red lentils
- Brown rice
- Firm tofu
- Quinoa
- Mixed vegetables
- Hummus
- Raw vegetables
- Mixed nuts and seeds

Tips for Success:

- Combine different protein sources for complete amino acids
- Include B12 supplements in your routine
- Eat iron-rich foods with vitamin C for better absorption
- Experiment with different plant-based proteins
- Plan meals to ensure adequate protein intake