

7-Day High-Protein Vegetarian Meal Plan

Nutritious & Delicious Ideas



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Weekly Meal Plan

Week:

Day 1 (≈95 g protein)

Breakfast – Greek Yogurt Parfait (≈30 g protein)

A creamy and energizing start:

- 1 cup plain Greek yogurt
- ½ cup mixed berries
- 2 tbsp chia seeds
- A handful of almonds

Snack (≈8 g protein)

- 1 hard-boiled egg
- 1 apple

Lunch – Lentil Salad (≈25 g protein)

A fresh and filling bowl made with:

- 1 cup cooked lentils
- Chopped cucumber and tomato
- Feta cheese
- Olive oil and lemon dressing

Snack (≈15 g protein)

- ½ cup cottage cheese
- Cherry tomatoes

Dinner – Veggie Stir-Fry with Tofu (≈30 g protein)

Sauté cubes of firm tofu with broccoli, bell peppers, and carrots in soy sauce. Serve over ½ cup quinoa.

Day 2 (≈90 g protein)

Breakfast – Scrambled Eggs with Spinach (≈25 g protein)

- 3 scrambled eggs with a handful of spinach
- 1 slice whole-grain toast
- 1 oz cheese

Snack (≈15 g protein)

- Small cup Greek yogurt
- Sprinkle of pumpkin seeds

Lunch – Chickpea Salad Wrap (≈20 g protein)

Mashed chickpeas mixed with chopped vegetables and a Greek-yogurt dressing, wrapped in a whole-wheat tortilla.

Snack (≈8 g protein)

- A handful of mixed nuts

Dinner – Baked Ziti with Ricotta (≈30 g protein)

Whole-wheat pasta tossed with marinara sauce, ricotta cheese, and spinach, then baked until bubbly.

Day 3 (≈100 g protein)

Breakfast – Overnight Oats (≈30 g protein)

Prepare the night before:

- ½ cup oats
- 1 cup Greek yogurt
- 1 tbsp peanut butter
- Chia seeds

Snack (≈15 g protein)

- Cottage cheese
- Pineapple chunks

Lunch – Black Bean Bowl (≈25 g protein)

- 1 cup black beans
- Brown rice
- Avocado
- Salsa
- Cheese

Snack (≈12 g protein)

- 2 hard-boiled eggs

Dinner – Lentil Soup with Side Salad (≈30 g protein)

Hearty lentil soup with carrots, celery, and spices, finished with a dollop of Greek yogurt. Serve with a fresh green salad.

Day 4 (≈95 g protein)

Breakfast – Tofu Scramble (≈25 g protein)

Crumbled firm tofu sautéed with turmeric, peppers, and onions, served with whole-grain toast.

Snack (≈8 g protein)

- Apple with almond butter

Lunch – Quinoa Salad Bowl (≈25 g protein)

Cooked quinoa tossed with chickpeas, feta, cucumber, and olive oil.

Snack (≈20 g protein)

- Greek yogurt with berries

Dinner – Stuffed Peppers (≈30 g protein)

Bell peppers filled with quinoa, black beans, cheese, and tomatoes, then baked until tender.

Day 5 (≈90 g protein)

Breakfast – Cottage Cheese Bowl (≈28 g protein)

- 1 cup low-fat cottage cheese
- Tomatoes and cucumber
- Fresh herbs

Snack (≈10 g protein)

- Cheese stick
- Carrot sticks

Lunch – Egg Salad (≈25 g protein)

Chopped 4 hard-boiled eggs mixed with Greek yogurt instead of mayo, served over greens with vegetables.

Snack (≈8 g protein)

- Handful of pumpkin or sunflower seeds

Dinner – Veggie Omelet with Sweet Potato (≈30 g protein)

A 3-egg omelet with mushrooms, spinach, and cheese, served with a baked sweet potato.

Day 6 (≈100 g protein)

Breakfast – Smoothie Bowl (≈30 g protein)

Blend:

- Greek yogurt
- Banana
- Spinach
- Peanut butter

Top with nuts and seeds.

Snack (≈15 g protein)

- Cottage cheese with berries

Lunch – Tofu & Veggie Wrap (≈25 g protein)

Grilled tofu with hummus and fresh vegetables wrapped in a whole-grain tortilla.

Snack (≈15 g protein)

- Greek yogurt

Dinner – Chickpea Curry (≈30 g protein)

Chickpeas simmered in a tomato-coconut sauce with spinach, served over quinoa.

Day 7 (≈90 g protein)

Breakfast – Greek Yogurt with Nuts (≈30 g protein)

- 1 cup Greek yogurt
- Mixed nuts
- Fresh fruit

Snack (≈12 g protein)

- 2 boiled eggs
- A piece of fruit

Lunch – Bean & Cheese Quesadilla (≈25 g protein)

Whole-wheat tortilla filled with black beans, cheese, and vegetables, then grilled.

Snack (≈8 g protein)

- Hummus with veggie sticks

Dinner – Pasta Primavera (≈30 g protein)

Whole-wheat pasta tossed with assorted vegetables, ricotta cheese, and Parmesan.

Notes:

Grocery List:

- Proteins: Greek yogurt (large tub), cottage cheese, eggs (dozen+), firm tofu, lentils/chickpeas/black beans (cans or dry), cheese (feta/ricotta).
- Grains: Quinoa, oats, whole-wheat pasta/tortillas/bread.
- Veggies/Fruits: Spinach, broccoli, peppers, tomatoes, berries, apples, bananas.
- Other: Nuts/seeds (almonds, chia, pumpkin), olive oil, spices, hummus.