

Here's a practical **7-day lacto-ovo vegetarian meal plan** you can start today. It targets roughly **1,700–1,900 kcal/day** with **95–120 g protein**. Adjust portions using the swap notes at the end.

Portion key (quick scaling)

- **+150–200 kcal:** add ½ cup cooked grains or 1 tbsp olive oil/nuts.
 - **–150–200 kcal:** remove ½ cup grains or 1 tbsp oil/nuts.
 - Protein boost: add ½ cup cottage cheese or +2 egg whites to any day.
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Day 1

Breakfast: Greek yogurt (1 cup) + berries (1 cup) + 2 tbsp walnuts + 2 tsp honey.

Lunch: Lentil–quinoa bowl (¾ cup cooked lentils, ½ cup quinoa) with roasted peppers/onions, arugula, lemon–olive oil.

Snack: Apple + 1 tbsp peanut butter.

Dinner: Spinach–mushroom frittata (2 eggs + 2 egg whites, 1 oz feta) + roasted sweet potato (1 cup).

Day 2

Breakfast: Overnight oats (½ cup oats, 1 tbsp chia, milk) + banana slices + cinnamon.

Lunch: Whole-grain pita (1) stuffed with egg salad (2 eggs + 2 tbsp Greek yogurt) + cucumber/tomato salad.

Snack: Cottage cheese (¾ cup) + pineapple (½ cup).

Dinner: Veggie chili (1½ cups beans/veg) over brown rice (½ cup cooked) + avocado (¼).

Day 3

Breakfast: Veggie omelet (2 eggs + 2 egg whites, peppers, spinach) + whole-grain toast (1) + ¼ avocado.

Lunch: Caprese-style bowl: cherry tomatoes, basil, 2 oz mozzarella, ¾ cup chickpeas, ½ cup farro, balsamic.

Snack: Hummus (¼ cup) + carrots/cucumber.

Dinner: Sheet-pan halloumi (3 oz) with zucchini, broccoli, onions + couscous (½ cup cooked).

Day 4

Breakfast: Protein parfait: skyr/Greek yogurt (1 cup) + granola ($\frac{1}{4}$ cup) + mixed berries ($\frac{3}{4}$ cup).

Lunch: Mediterranean egg salad wrap (2 eggs) in whole-grain tortilla + leafy greens + pickled onions.

Snack: Roasted almonds (1 oz) + orange.

Dinner: Eggplant “parm” (baked, light mozzarella, marinara) + whole-wheat spaghetti ($\frac{3}{4}$ cup cooked) + big side salad.

Day 5

Breakfast: Peanut-butter banana oats ($\frac{1}{2}$ cup oats, 1 tbsp PB) + chia (1 tsp).

Lunch: Roasted veggie & pesto bowl (1 cup mixed veg, $\frac{1}{2}$ cup quinoa) + $\frac{3}{4}$ cup white beans + 1 tsp pesto.

Snack: String cheese + pear.

Dinner: Shakshuka (2–3 eggs simmered in tomato–pepper sauce) + whole-grain pita ($\frac{1}{2}$ –1) + side greens.

Day 6

Breakfast: Smoothie: milk (or fortified alt), 1 scoop whey/casein or plant protein, spinach, $\frac{1}{2}$ banana, 2 tbsp oats.

Lunch: Greek salad with chickpeas ($\frac{3}{4}$ cup) + olives (6–8) + feta (1 oz) + olive oil–lemon.

Snack: Yogurt ($\frac{3}{4}$ cup) + 2 tbsp pumpkin seeds.

Dinner: Mushroom–pea risotto (light on cheese) + roasted asparagus; add parmesan (1 tbsp).

Day 7

Breakfast: Avocado toast (1 slice) + 2 poached eggs + cherry tomatoes.

Lunch: Tomato-basil soup ($1\frac{1}{2}$ cups) + grilled cheese (whole-grain, 1–1.5 oz cheese) + side salad.

Snack: Cottage cheese ($\frac{1}{2}$ – $\frac{3}{4}$ cup) + berries ($\frac{1}{2}$ cup).

Dinner: Tofu–vegetable stir-fry (or extra eggs if avoiding soy) over brown rice ($\frac{1}{2}$ – $\frac{3}{4}$ cup); sesame seeds (1 tsp).

Smart grocery list (1 week, 1–2 people)

- **Protein/dairy:** eggs (18), Greek yogurt or skyr (2–3 × 32 oz), cottage cheese, mozzarella/feta/halloumi/parmesan (small blocks), optional protein powder.
- **Legumes/grains:** lentils, chickpeas/white beans, quinoa, farro/couscous, brown rice, oats, whole-grain bread/pitas/tortillas.

- **Produce:** leafy greens, tomatoes, cucumbers, peppers, onions, mushrooms, zucchini/broccoli, eggplant, sweet potatoes, berries, bananas, apples/pears, citrus.
- **Fats/flavor:** olive oil, nuts/seeds, pesto, olives, marinara, spices (oregano, cumin, paprika, chili, garlic), balsamic/lemon.

Batch-prep in 60–75 minutes

Cook 2 grains (e.g., quinoa + rice), roast 2 trays of mixed veg, boil 6–8 eggs, make a jar of lemon–olive oil vinaigrette, and portion beans/chickpeas. You'll assemble bowls and wraps in minutes all week.

Quick swaps & notes

- **Gluten-free:** use GF bread/pasta or swap grains for potatoes/rice.
- **Higher protein:** add ½ cup cottage cheese at breakfast or +1 egg at dinner.
- **Lower calories:** cut oils/nuts in half and bump non-starchy veggies.
- **No soy:** swap tofu for extra eggs, beans, or paneer/halloumi.