

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 (¼ cup) + mixed berries (¾ 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 (¾ cup cooked) + big side salad.

## Day 5

**Breakfast:** Peanut-butter banana oats (½ cup oats, 1 tbsp PB) + chia (1 tsp).

**Lunch:** Roasted veggie & pesto bowl (1 cup mixed veg, ½ cup quinoa) + ¾ cup white beans + 1 tsp pesto.

**Snack:** String cheese + pear.

**Dinner:** Shakshuka (2–3 eggs simmered in tomato–pepper sauce) + whole-grain pita (½–1) + side greens.

## Day 6

**Breakfast:** Smoothie: milk (or fortified alt), 1 scoop whey/casein or plant protein, spinach, ½ banana, 2 tbsp oats.

**Lunch:** Greek salad with chickpeas (¾ cup) + olives (6–8) + feta (1 oz) + olive oil–lemon.

**Snack:** Yogurt (¾ 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 (1½ cups) + grilled cheese (whole-grain, 1–1.5 oz cheese) + side salad.

**Snack:** Cottage cheese (½–¾ cup) + berries (½ cup).

**Dinner:** Tofu–vegetable stir-fry (or extra eggs if avoiding soy) over brown rice (½–¾ cup); sesame seeds (1 tsp).

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## 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.