



Vegetarian 1600 Kcal High Protein



7 Day Meal Guide

Day 1

Breakfast: Protein Yoghurt Bowl

Greek yoghurt
Protein powder
Berries
≈ 35g protein

Lunch: Lentil & Rice Bowl

Lentils
Rice
Vegetables
≈ 35g protein

Dinner: Quorn Chilli

Quorn mince
Kidney beans
Rice
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

Day 2

Breakfast: Protein Oats

Oats
Protein powder
Milk
≈ 35g protein

Lunch: Halloumi Wrap

Halloumi
High-protein wrap
Salad
≈ 35g protein

Dinner: Tofu Stir Fry

Tofu
Mixed vegetables
Noodles
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

Total ≈ 140g

Portion sizes for carbohydrates, vegetables and fats are intentionally flexible. Use portions that suit your appetite, activity level and routine, while keeping protein as the main focus at each meal.

If you're unsure, start with one cupped hand of carbs, plenty of veg, and adjust over time.



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Day 3

Breakfast: Scrambled Eggs on Toast

Eggs
Egg whites
Wholemeal toast
≈ 35g protein

Lunch: Chickpea Caesar Salad

Chickpeas
Salad leaves
Light dressing
≈ 35g protein

Dinner: Lentil Pasta

Lentils
High-protein or lentil pasta
Tomato sauce
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

Day 4

Breakfast: Protein Smoothie

Protein powder
Milk
Frozen berries
≈ 35g protein

Lunch: Quorn & Quinoa Salad

Quorn pieces
Quinoa
Vegetables
≈ 35g protein

Dinner: Veggie Meatballs & Rice

Vegetarian meatballs
Rice
Vegetables
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

Total ≈ 140g

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Day 5

Breakfast: Skyr, Granola & Seeds

Skyr yoghurt
Granola
Seeds
≈ 35g protein

Lunch: Halloumi & Potatoes

Halloumi
Potatoes
Vegetables
≈ 40g protein

Dinner: Lentil Curry

Lentils
Curry sauce
Rice
≈ 35g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

Day 6

Breakfast: Protein Pancakes

Protein powder
Eggs
Yoghurt topping
≈ 35g protein

Lunch: Cheese & Veg Toastie

Cheese
Wholemeal bread
Salad
≈ 35g protein

Dinner: Quorn Stir Fry

Quorn pieces
Mixed vegetables
Rice
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

Total ≈ 140g

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Day 7

Breakfast: Protein Porridge

Oats
Protein powder
≈ 35g protein

Lunch: Chickpea Pasta Salad

Chickpeas
Pasta
Vegetables
≈ 35g protein

Dinner: Roast Veg & Halloumi Dinner

Halloumi
Potatoes
Vegetables
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

Shopping List

Protein & Dairy

Eggs
Egg whites
Greek yoghurt or Skyr
Protein yoghurt
Protein powder
Cheese (reduced fat if preferred)
Halloumi

Plant-Based Proteins

Quorn mince
Quorn pieces
Tofu
Chickpeas
Lentils (tinned or dried)
Vegetarian meatballs

Grains & Carbohydrates

Oats
Rice
Quinoa
Pasta (regular, lentil, or high-protein)
Wholemeal bread
High-protein wraps

Fruit & Vegetables

Mixed berries (fresh or frozen)
Leafy greens
Bell peppers
Courgette
Broccoli
Tomatoes
Onion

Garlic
Mixed stir-fry vegetables
Salad vegetables

Fats, Extras & Flavour

Olive oil
Seeds (mixed/pumpkin/sunflower)
Granola
Curry sauce or paste
Tomato-based pasta sauce

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