



Vegetarian 1800 Kcal High Protein



7 Day Meal Guide

Day 1

Breakfast: Protein French Toast

Eggs
Egg whites
Wholemeal bread
≈ 35g protein

Lunch: Halloumi Burrito Bowl

Halloumi
Rice
Beans
Vegetables
≈ 40g protein

Dinner: Quorn Bolognese

Quorn mince
Pasta
Tomato sauce
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 145g

Day 2

Breakfast: Skyr & Nut Butter Bowl

Skyr yoghurt
Nut butter
Berries
≈ 35g protein

Lunch: Lentil & Potato Salad

Lentils
Potatoes
Vegetables
≈ 35g protein

Dinner: Tofu Teriyaki

Tofu
Rice
Vegetables
≈ 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: Protein Bagel

Protein bagel
Cream cheese
≈ 35g protein

Lunch: Quorn Pasta Bake

Quorn pieces
Pasta
Light cheese
≈ 40g protein

Dinner: Chickpea Fajitas

Chickpeas
Wraps
Peppers & onions
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 145g

Day 4

Breakfast: Protein Smoothie Bowl

Protein powder
Greek yoghurt
Fruit
≈ 35g protein

Lunch: Halloumi & Avocado Wrap

Halloumi
Wrap
Salad
≈ 35g protein

Dinner: Veg & Lentil Couscous

Lentils
Couscous
Vegetables
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

Total ≈ 140g

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7 Day Meal Guide

Day 5

Breakfast: Eggs & Toast

Eggs
Egg whites
Wholemeal toast
≈ 35g protein

Lunch: Quorn Rice Bowl

Quorn mince
Rice
Vegetables
≈ 40g protein

Dinner: Paneer Curry

Paneer
Rice
Vegetables
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 145g

Day 6

Breakfast: Protein Pancake Stack

Protein powder
Eggs
Yoghurt
≈ 35g protein

Lunch: Cheese & Tomato Toastie

Cheese
Wholemeal bread
≈ 35g protein

Dinner: Quorn Burgers & Potatoes

Quorn burgers
Potatoes
Salad
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

Total ≈ 140g

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7 Day Meal Guide

Day 7

Breakfast: Protein Overnight Oats

Oats
Protein powder
Milk
≈ 35g protein

Lunch: Lentil Rice Bowl

Lentils
Rice
Vegetables
≈ 40g protein

Dinner: Veg Pad Thai

Tofu
Noodles
Vegetables
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Shopping List

Protein & Dairy

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

Plant-Based Proteins

Quorn mince or pieces
Tofu
Tempeh (optional if swapping)
Chickpeas
Lentils (tinned or dried)
Vegetarian meatballs or burger alternatives

Grains & Carbohydrates

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

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
Nut butter
Hummus
Curry sauce or paste
Tomato-based pasta sauce
Pesto
Seeds
Herbs & spices

✓ Total ≈ 145g

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