



Vegetarian 2000 ^{Kcal} High Protein



7 Day Meal Guide

Day 1

Breakfast: Protein Breakfast Wrap

Eggs
Egg whites
Cheese
Wrap
≈ 40g protein

Lunch: Halloumi Pesto Pasta

Halloumi
Pasta
Pesto
Vegetables
≈ 45g protein

Dinner: Quorn & Sweet Potato Traybake

Quorn pieces
Sweet potato
Vegetables
≈ 45g protein

Snacks

Protein yoghurt
Protein bar
Fruit
≈ 30g protein

✓ **Total ≈ 160g**

Day 2

Breakfast: Protein Granola Bowl

Greek yoghurt
Protein powder
Granola
≈ 40g protein

Lunch: Lentil Burrito Bowl

Lentils
Rice
Beans
Vegetables
≈ 45g protein

Dinner: Tofu Satay Stir Fry

Tofu
Noodles
Vegetables
≈ 45g protein

Snacks

Protein shake
Fruit
≈ 30g protein

✓ **Total ≈ 160g**

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 & Eggs

Protein bagel
Eggs
Light spread
≈ 40g protein

Lunch: Quorn Club Sandwich

Quorn slices
Wholemeal bread
Cheese
Salad
≈ 45g protein

Dinner: Lentil Ragu

Lentils
Pasta
Tomato sauce
≈ 45g protein

Snacks

Protein yoghurt
Protein bar
≈ 30g protein

✓ **Total ≈ 160g**

Day 4

Breakfast: Protein Smoothie (Large)

Protein powder
Milk
Banana
Nut butter
≈ 40g protein

Lunch: Halloumi Shawarma Bowl

Halloumi
Rice
Hummus
Vegetables
≈ 45g protein

Dinner: Veggie Roast Dinner

Quorn roast
Potatoes
Vegetables
≈ 45g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

✓ **Total ≈ 160g**

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Day 5

Breakfast: Eggs, Toast & Veg Sausages

Eggs
Veg sausages
Wholemeal toast
≈ 40g protein

Lunch: Chickpea Tuna-Style Toastie

Chickpeas
Cheese
Wholemeal bread
≈ 45g protein

Dinner: Quorn Fajita Rice Bowl

Quorn strips
Rice
Peppers & onions
≈ 45g protein

Snacks

Protein bar
Protein yoghurt
≈ 30g protein

✓ **Total ≈ 160g**

Day 6

Breakfast: Protein Pancakes with

Fruit
Protein powder
Eggs
Yoghurt
≈ 40g protein

Lunch: Tofu Rice Bowl

Tofu
Rice
Vegetables
≈ 45g protein

Dinner: Veggie Lasagne (lighter)

Lentils / Quorn
Pasta sheets
Cheese
≈ 45g protein

Snacks

Protein shake
Fruit
≈ 30g protein

✓ **Total ≈ 160g**

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Day 7

Breakfast: Overnight Protein Oats

(Large)

Oats

Protein powder

Milk

≈ 40g protein

Lunch: Halloumi & Avocado Wrap

Halloumi

Wrap

Avocado

Salad

≈ 45g protein

Dinner: Lentil & Potato Pie

Lentils

Potatoes

Vegetables

≈ 45g protein

Snacks

Protein yoghurt

Protein bar

≈ 30g protein

✓ **Total ≈ 160g**

Shopping List

Protein & Dairy

Eggs

Egg whites

Greek yoghurt or Skyr

Protein yoghurt

Protein powder

Cheese

Halloumi

Paneer or similar (if swapping)

Plant-Based Proteins

Quorn mince

Quorn pieces

Tofu

Chickpeas

Lentils

Vegetarian sausages

Vegetarian burgers or meatballs

Grains & Carbohydrates

Oats

Rice

Pasta

Wholemeal bread

Protein bagels

Wraps

Potatoes

Sweet potatoes

Noodles

Fruit & Vegetables

Bananas

Mixed berries (fresh or frozen)

Leafy greens

Bell peppers

Courgette

Broccoli

Tomatoes

Onion

Garlic

Mixed vegetables

Salad vegetables

Fats, Extras & Flavour

Olive oil

Nut butter

Pesto

Hummus

Curry sauce or paste

Tomato-based pasta sauce

Seeds

Herbs & spices

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