



# 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.



# Vegetarian 2000 Kcal High Protein



## 7 Day Meal Guide

### 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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## 7 Day Meal Guide

### 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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# Vegetarian 2000 Kcal High Protein



## 7 Day Meal Guide

### 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

### 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

✓ Total ≈ 160g

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