



Here's a sample 2300-calorie vegetarian maintenance diet plan with approximate macro values:

Breakfast:

- Scrambled tofu with vegetables (200g tofu, 1 cup mixed veggies) cooked in 1 tsp olive oil
- 2 slices whole grain toast
- 1 medium apple

Macros: Protein: 25g, Carbs: 55g, Fat: 15g

Mid-Morning Snack:

- 1/4 cup almonds
- 1 medium banana

Macros: Protein: 7g, Carbs: 35g, Fat: 14g

Lunch:

- Quinoa salad with mixed vegetables (1 cup cooked quinoa, mixed veggies, chickpeas, and a light vinaigrette dressing)
- 1 serving of Greek yogurt

Macros: Protein: 25g, Carbs: 55g, Fat: 10g

Afternoon Snack:

- Hummus with raw veggies (carrots, cucumber, bell pepper)
- 2 rice cakes

Macros: Protein: 8g, Carbs: 30g, Fat: 12g

Dinner:

- Lentil soup (1 cup) with whole grain bread (2 slices)
- Mixed green salad with balsamic vinaigrette

Macros: Protein: 20g, Carbs: 60g, Fat: 10g

Evening Snack:

- 1 serving of cottage cheese
- 1 small orange

Macros: Protein: 15g, Carbs: 15g, Fat: 3g

Total Macros for the Day:

- Protein: ~100g
- Carbs: ~260g
- Fat: ~64g

Please note that these values are approximate and can vary based on portion sizes and specific brands/products used. Adjustments can be made based on individual preferences and dietary needs. Make sure to drink plenty of water throughout the day and consult with a healthcare professional or registered dietitian for personalized advice.