



Here's a sample 1900-calorie vegetarian maintenance diet plan with approximate macro values:

Breakfast:

- Scrambled tofu with spinach and tomatoes (200g tofu, 1 cup spinach, 1 medium tomato) cooked in 1 tsp olive oil
- 2 slices whole grain toast

Macros: Protein: 20g, Carbs: 45g, Fat: 15g

Mid-Morning Snack:

- Greek yogurt (1 cup) with honey and mixed nuts (almonds, walnuts, and cashews)

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

Lunch:

- Chickpea and vegetable stir-fry (1 cup chickpeas, mixed veggies) served over brown rice

Macros: Protein: 15g, Carbs: 60g, Fat: 10g

Afternoon Snack:

- Hummus with carrot and cucumber sticks
- 1 medium orange

Macros: Protein: 6g, Carbs: 30g, Fat: 10g

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:

- Cottage cheese (1/2 cup)
- 1 small apple

Macros: Protein: 12g, Carbs: 15g, Fat: 3g

Total Macros for the Day:

- Protein: ~93g
- Carbs: ~230g
- Fat: ~88g

Adjust portion sizes and food choices based on personal preferences and dietary needs. Make sure to stay hydrated and consult with a healthcare professional or registered dietitian for personalized advice.