



Here's a sample 2100-calorie vegetarian maintenance diet plan with approximate macro values:

Breakfast:

- Overnight oats made with 1 cup rolled oats, 1 cup almond milk, 1 tablespoon chia seeds, and topped with sliced strawberries and almonds

Macros: Protein: 15g, Carbs: 75g, 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 with tofu (1 cup chickpeas, mixed veggies, 150g tofu) served over quinoa

Macros: Protein: 25g, Carbs: 70g, Fat: 15g

Afternoon Snack:

- Hummus with carrot and celery sticks
- 1 medium orange

Macros: Protein: 8g, Carbs: 30g, Fat: 10g

Dinner:

- Lentil and vegetable curry (1 cup) served with brown rice

Macros: Protein: 20g, Carbs: 60g, Fat: 5g

Evening Snack:

- Cottage cheese (1/2 cup) with sliced pineapple
- 1 serving of whole grain crackers

Macros: Protein: 15g, Carbs: 30g, Fat: 5g

Total Macros for the Day:

- Protein: ~103g
- Carbs: ~285g
- Fat: ~80g

Adjust portion sizes and food choices based on personal 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.