



Here's a sample 2200-calorie vegetarian maintenance diet plan with approximate macro values:

Breakfast:

- Oatmeal made with 1 cup of oats cooked in almond milk, topped with berries and a tablespoon of almond butter
- 1 medium banana

Macros: Protein: 10g, Carbs: 75g, Fat: 10g

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 salad with mixed greens, cherry tomatoes, cucumber, feta cheese, and a lemon-tahini dressing
- Whole grain pita bread (1 piece)

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

Afternoon Snack:

- Hummus with carrot and celery sticks
- 1 medium orange

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

Dinner:

- Grilled tofu (6 oz) marinated in teriyaki sauce
- Quinoa (1 cup) cooked with mixed vegetables (bell peppers, broccoli, carrots)

Macros: Protein: 30g, Carbs: 60g, Fat: 10g

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: ~98g
- Carbs: ~275g
- Fat: ~70g

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.