

# High-Protein Vegetarian Diet Chart

## Breakfast

- **Option 1:** Greek yogurt (1 cup) with mixed berries and a tablespoon of chia seeds.
- **Option 2:** Scrambled tofu (100g) with spinach and whole grain toast (1 slice).
- **Option 3:** Overnight oats made with rolled oats (1/2 cup), almond milk, and topped with peanut butter (1 tbsp) and banana.

## Mid-Morning Snack

- **Option 1:** A handful of almonds (30g) or walnuts.
- **Option 2:** Cottage cheese (1/2 cup) with pineapple chunks.
- **Option 3:** A protein smoothie with plant-based protein powder, spinach, and a banana.

## Lunch

- **Option 1:** Quinoa salad with black beans, bell peppers, corn, avocado, and lime dressing.
- **Option 2:** Lentil soup with whole grain bread (1 slice) and a side salad.
- **Option 3:** Chickpea salad with diced cucumbers, tomatoes, red onion, and feta cheese.

## Afternoon Snack

- **Option 1:** Hummus (1/4 cup) with carrot and cucumber sticks.
- **Option 2:** Edamame (1 cup) sprinkled with sea salt.
- **Option 3:** Rice cakes topped with almond butter and sliced apples.

## Dinner

- **Option 1:** Stir-fried tempeh (100g) with mixed vegetables (broccoli, bell peppers, carrots) over brown rice.
- **Option 2:** Stuffed bell peppers with quinoa, black beans, corn, and cheese.
- **Option 3:** Spinach and ricotta stuffed pasta with marinara sauce.

## Evening Snack (if needed)

- **Option 1:** A boiled egg or two egg whites.
- **Option 2:** Greek yogurt (1/2 cup) with a sprinkle of nuts.
- **Option 3:** A small protein bar or a piece of dark chocolate.