

HIGH PROTEIN VEGETARIAN WEEKLY MENU

DAY	BREAKFAST	LUNCH	DINNER
Monday	Greek Yogurt Parfait 20g Protein	Quinoa & Chickpea Salad 15g Protein	Lentil Dal with Spinach 18g Protein
Tuesday	Tofu Scramble with Nutritional Yeast 18g Protein	Tempeh Buddha Bowl 22g Protein	Black Bean & Seitan Tacos 25g Protein
Wednesday	Cottage Cheese & Berries 24g Protein	Edamame Soba Noodle Bowl 19g Protein	Paneer Tikka Masala 21g Protein
Thursday	Protein Oats with Hemp Seeds 16g Protein	White Bean & Kale Soup 14g Protein	Chickpea Flour (Besan) Omelet 17g Protein
Friday	Ricotta Toast with Pumpkin Seeds 15g Protein	Seitan Stir-fry with Broccoli 28g Protein	Lentil Pasta with Marinara 22g Protein
Saturday	Peanut Butter Banana Smoothie 20g Protein	Halloumi & Roasted Veggie Wrap 19g Protein	Vegetarian Chili with Soy Curls 24g Protein
Sunday	Hard Boiled Eggs & Hummus 16g Protein	Lupini Bean Salad Bowl 20g Protein	Stuffed Bell Peppers with Quinoa 15g Protein