

Veg diet plan

Meal 1 (Breakfast):

- Scrambled tofu with vegetables (bell peppers, onions, spinach)
- Whole wheat toast with avocado spread
- A piece of fruit (e.g., apple, banana)

Meal 2 (Mid-Morning Snack):

- Greek yogurt with mixed berries
- Handful of nuts (e.g., almonds, walnuts)

Meal 3 (Lunch):

- Chickpea salad with mixed greens, cherry tomatoes, cucumbers, and feta cheese
- Quinoa or brown rice
- A serving of steamed vegetables (e.g., broccoli, carrots)

Meal 4 (Afternoon Snack):

- Hummus with carrot and celery sticks
- A small handful of grapes

Meal 5 (Dinner):

- Lentil curry with basmati rice or whole wheat naan
- Grilled vegetables (e.g., zucchini, bell peppers, eggplant)

Meal 6 (Evening Snack):

- Cottage cheese with sliced cucumbers
- Herbal tea or a glass of warm milk (optional)

Notes:

- Remember to drink plenty of water throughout the day.
- Adjust portion sizes according to your individual calorie and macronutrient needs.

- Feel free to substitute ingredients or modify the plan to suit your taste preferences.
- Consider incorporating a variety of vegetables, legumes, whole grains, and plant-based proteins into your meals for a balanced vegetarian diet.

Please note that this is a generalized vegetarian diet plan, and it's always a good idea to consult with a registered dietitian or healthcare professional to create a personalized plan tailored to your specific needs and goals.