

Weekly Meal Plan for testuser@nutriplan.com

Tuesday

Total Calories: 2340

Total Nutrients: Protein: 60g, Fat: 41g, Carbs: 245g

Meal: Tofu Veggie Bowl

Diet: vegetarian

Calories: 820

Nutrients: Protein: 24g, Fat: 14g, Carbs: 70g

Ingredients: tofu, broccoli, brown rice, carrots, soy sauce

Instructions: Cook brown rice. Stir-fry tofu and vegetables. Combine and drizzle with soy sauce.

Meal: Grilled Vegetable Quinoa Salad

Diet: vegetarian

Calories: 740

Nutrients: Protein: 18g, Fat: 12g, Carbs: 85g

Ingredients: quinoa, zucchini, bell peppers, olive oil, lemon juice

Instructions: Grill vegetables. Cook quinoa. Toss all with olive oil and lemon juice.

Meal: Stuffed Bell Peppers

Diet: vegetarian

Calories: 780

Nutrients: Protein: 18g, Fat: 15g, Carbs: 90g

Ingredients: bell peppers, rice, cheddar cheese, tomatoes, onions

Instructions: Stuff peppers with rice, cheese, and veggies. Bake until soft.

Wednesday

Total Calories: 2308

Total Nutrients: Protein: 65g, Fat: 67g, Carbs: 216g

Meal: Spinach and Feta Wrap

Diet: vegetarian

Calories: 710

Nutrients: Protein: 16g, Fat: 20g, Carbs: 65g

Ingredients: whole wheat wrap, spinach, feta cheese, hummus

Instructions: Fill wrap with spinach, feta, and hummus. Roll and grill lightly.

Meal: Chickpea Curry with Rice

Diet: vegetarian

Calories: 800

Nutrients: Protein: 22g, Fat: 18g, Carbs: 95g

Ingredients: chickpeas, coconut milk, tomatoes, spices, basmati rice

Instructions: Cook chickpeas in coconut curry. Serve over rice.

Meal: Vegetarian Power Meal 136

Diet: vegetarian

Calories: 798

Nutrients: Protein: 27g, Fat: 29g, Carbs: 56g

Ingredients: banana, mushrooms, cheddar, eggs, oats

Instructions: Combine banana, mushrooms, cheddar, eggs and add oats. Cook and serve.

Thursday

Total Calories: 1946

Total Nutrients: Protein: 83g, Fat: 77g, Carbs: 192g

Meal: Vegetarian Power Meal 140

Diet: vegetarian

Calories: 639

Nutrients: Protein: 38g, Fat: 26g, Carbs: 39g

Ingredients: broccoli, yogurt, zucchini, mushrooms, eggs

Instructions: Combine broccoli, yogurt, zucchini, mushrooms and add eggs. Cook and serve.

Meal: Vegetarian Power Meal 162

Diet: vegetarian

Calories: 640

Nutrients: Protein: 26g, Fat: 21g, Carbs: 80g

Ingredients: banana, eggs, zucchini, cheddar, broccoli

Instructions: Combine banana, eggs, zucchini, cheddar and add broccoli. Cook and serve.

Meal: Vegetarian Power Meal 165

Diet: vegetarian

Calories: 667

Nutrients: Protein: 19g, Fat: 30g, Carbs: 73g

Ingredients: yogurt, broccoli, zucchini, mushrooms, oats

Instructions: Combine yogurt, broccoli, zucchini, mushrooms and add oats. Cook and serve.

Friday

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