

30-Day Vegetarian Diet Learnings

Top 3 Vegetarian Protein Sources

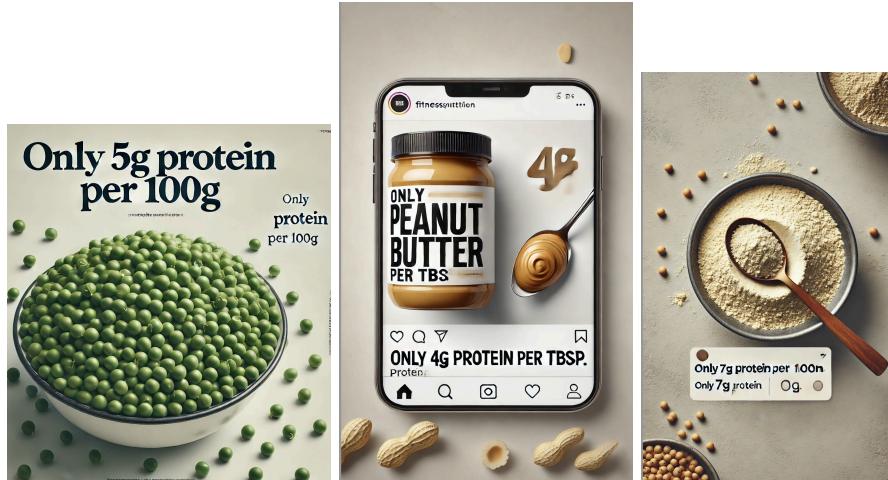


1. **Paneer** - High in protein, versatile, and easy to include in Indian meals.
2. **Whey or Plant-Based Protein Powder** - Quick, efficient way to hit targets.
3. **Tofu or Tempeh** - Great texture, high protein, absorbs flavour well.



4. Bonus - Greek yogurt - One of my personal fav to add some protein and creaminess!

Worst 3 Vegetarian Protein Sources



1. **Green peas** - Even though pea protein is made from peas - peas are not a good source of protein!
2. **Peanut Butter** - Great source of healthy fats but not a great source of protein
3. **Sattu Drinks** - Too much misinformation about this one - not easy to digest + 7g of protein in 100gms of sattu - Say hello to being Bloated the whole day!

Sample 1500 Cal Vegetarian Meal Plan

Meal	Foods	Portion Size	Protein (g)	Carb (g)	Fat (g)	Calories
Breakfast opt.1	Poha / Chilla (raw besan quantity)	120 g / 30g	3.28 / 6-7	34.4 / 35-40	3 / 4	176 / 180
	Mixed berries / Any Fruit	100 g	1	22	0	98
	Almonds	10 g	2.1	2.2	5	62
Use 35-40 grams of raw besan with water, veggies and use minimal oil to make chillas						
Breakfast opt. 2	Oats	50 g	6.6	35	3	196
	Plant Protein	Half Scoop	12	2	1	65
	Almonds	10 g	2.1	2	5	60
You can either make smoothie or overnight soaked with above ingredients						
Breakfast Opt. 3	Plain dosa	1 medium	4	27.2	2.7	143
	Coconut Chutney	1 Tbsp	1	4	4	60
Vegetables/Salad						
Post Workout	Plant Protein	1 scoop	24	5	1.5	140
	Any Fruit / Almonds	100 g / 10 g	1 / 2.1	22 / 2.2	0.3 / 5	98 / 62
Lunch opt.1	Rice / Mashed potato / Millet or Jowar roti	120g / 120g/ 2 small	2.7	27.8	0.3	140
	Grilled Tofu / any pulse	100 g / 120 g	10.4 / 15	0/6.7	14.5 / 7	198 / 140
	Vegetables/Salad/ sabzi(homemade)	ANY AMOUNT FOR SALAD AND VEGGIES OR. ONE KATORI HOMEMADE SABZI				
Lunch opt.2	Tofu(50g) / Chickpea(50g) Salad (Included veggies + Miner sauces)	100g	20-31	40-48	3-7	360 - 400
	Vegetables for Salad	Any Amount	-	-	-	-
Snack	Soya milk / mixed nuts	200 ml / 15 grams	5.1 / 4	2 / 4	9 / 11.5	88 / 110
Dinner	Cooked Rice / Jowar or Millet Roti	120 g / 2	2.7	27.8	0.3	140
	Tofu / Any Pulse	50g / 100 g / 100 g	10.4 / 15	0/6.7	14.5 / 7	198 / 140
	Vegetables/Salad/ sabzi(homemade)	ANY AMOUNT FOR SALAD AND VEGGIES OR. ONE KATORI HOMEMADE SABZI				
Desert	Dark Chocolate / Dates	4 Cubes / 4	2	12	6	110
Total			75g-80g	140g-150g	30g-35g	1360-1380

Note:

*These are all cooked quantities

*Tea as you already taking is fine .

Top 3 Veg Supplements (for Busy Professionals)



- Vitamin B12** - Crucial for energy, mood, and cognitive health
- Iron** - Especially for women to combat fatigue and anemia
- Omega-3 (Algal Oil)** - Helps reduce inflammation and supports brain health

3 Easy 5 Minute High-Protein Vegetarian Recipes

- **Paneer Wrap:** 100 gms Paneer + 2 whole wheat rotis + onion + mint chutney
- **Tofu Stir Fry:** 100 gms Tofu + bell peppers + soy sauce + sesame seeds
- **Greek Yogurt Parfait:** 200gms Greek yogurt + berries + chia seeds + a scoop of protein!

The 90-Day Fat Loss Reset (Vegetarian Edition)

For busy professionals who want to drop 5–10 kg **without quitting your favorite foods or spending hours in the gym.**

Get a **FREE consultation** —just fill this quick form to apply.

<https://forms.gle/GxbUM93T941fw3rN6>