

The One-Stop Vegetarian Diet Chart

Daily Target: ~2300 Calories | ~180-200g Protein (with supplementation)

Principle: Pick ONE option from each of the five meal categories daily.

Meal Category	Option Description	Est. Calories	Est. Protein
Meal 1: Post-Workout	1. The Standard: 1 Scoop Whey + 1 Large Banana	~240 kcal	~26g
(Consume within 45 mins)	2. High-Protein Smoothie: 1 Scoop Whey + 150g Curd + 1/2 Banana	~300 kcal	~35g
	3. The Whole Food Option: 200g Low-Fat Paneer, sautéed	~320 kcal	~36g
	4. Sattu Power Drink: 50g Sattu flour mixed in 300ml water with lemon & salt	~200 kcal	~12g
	5. Boiled Chickpeas: 1 cup (~150g, measured after boiling) of black chana (kala chana)	~250 kcal	~13g
Meal 2: Breakfast	1. Besan Chilla: 2 medium chillas (from 100g besan) + 150g Curd	~500 kcal	~30g
(Around 9:00 AM)	2. Sprouted Dal Salad: 1 large bowl (~250g) of sprouted moong +	~450 kcal	~25g

	50g Peanuts		
	3. Paneer Poha: 1 large plate of Poha with vegetables + 100g crumbled Paneer	~520 kcal	~22g
	4. Oats Upma: 1 large bowl (from 80g oats) with vegetables + 200ml Skim Milk	~480 kcal	~20g
	5. Savory Dalia: 1 large bowl of broken wheat porridge with mixed vegetables and lentils	~430 kcal	~15g
Meal 3: Lunch	1. Rajma/Chana Bowl: 1 large bowl of curry + 1.5 cups Brown Rice (measured cooked) + Salad	~600 kcal	~25g
(Around 1:00 PM)	2. Soya Chunk Curry: Curry with 60g (dry) Soya Chunks + 2 Rotis + 100g Curd	~580 kcal	~35g
	3. Mixed Dal Tadka: 1 large bowl Dal + 1.5 cups Rice (measured cooked) + Vegetable Sabzi	~550 kcal	~22g
	4. Paneer Curry Bowl: Simple tomato-based	~620 kcal	~30g

	curry with 150g Paneer + 2 Rotis + Salad		
	5. Tofu Pulao: Vegetable pulao made with 1 cup rice (measured cooked) + 150g cubed Tofu + Raita	~590 kcal	~24g
Meal 4: Evening Snack	1. Roasted Chana & Nuts: 1 cup Roasted Chana + handful of Peanuts/Almonds	~350 kcal	~15g
(Around 4:30 PM)	2. Simple Paneer: 100g Low-Fat Paneer cubes with chaat masala	~160 kcal	~18g
	3. Greek Yogurt/Hung Curd: 1 cup (~200g) of homemade Hung Curd	~120 kcal	~20g
	4. Fruit & Curd Bowl: 1 apple, 1/2 pomegranate mixed with 150g Curd	~250 kcal	~10g
	5. Makhana & Peanuts: 2 cups of roasted fox nuts (makhana) + 30g peanuts	~300 kcal	~12g
Meal 5: Dinner	1. Paneer Bhurji/Stir-Fry:	~500 kcal	~40g

	200g Paneer + vegetables + 1 Roti + Salad		
(Around 8:00 PM)	2. Tofu & Vegetable Stir-Fry: 200g Tofu + assorted vegetables + Salad	~350 kcal	~25g
	3. High-Protein Dal Soup: Very thick soup from 100g (dry) Moong/Masoor Dal	~400 kcal	~25g
	4. Palak Paneer: Homemade Palak Paneer (200g paneer, minimal oil) + Salad	~480 kcal	~42g
	5. Lentil & Vegetable Stew: Thick stew of mixed dals and vegetables (no rice/roti)	~420 kcal	~20g

Brutal Honesty & Final Instructions

- The Protein Reality:** As you can see, even with high-protein food choices, you will consistently land in the **130-150g protein range** daily. To hit the optimal 180-200g needed for your goals, **a second scoop of whey protein is a strategic necessity**. The most efficient method is to take it with your evening snack. This is the simplest way to bridge the ~40-50g protein gap.
- The Oil Trap:** All calculations assume minimal cooking oil (1-2 teaspoons per meal). Oil is the biggest source of hidden calories. Measure it.
- Hydration:** Drink **3-4 liters of water** daily. It is a non-negotiable tool for performance, recovery, and metabolism.
- Consistency Over Perfection:** The goal isn't to hit 2300 calories with military precision. The goal is to be consistent with the *process*. A 100-200 calorie variance day-to-day is

irrelevant. The weekly average is what drives results.

This table is your blueprint. Bookmark it, use it, and execute with the dedication you promised.