

# 7-Day Vegetarian Meal Plan for Fitness Support

## Nutritional Focus

- High-quality vegetarian protein sources
- Healthy fats for hormone balance and recovery
- Abundant vegetables and fruits for micronutrients
- Hydration guidance throughout the day

## General Hydration Guidelines

- Start each day with 16oz of water
- Drink at least 64oz of water throughout the day
- Consider herbal teas and infused water for variety
- Limit caffeine to morning hours when possible
- Drink 8oz of water 30 minutes before each meal
- Have an extra glass of water before and after workouts

## Weekly Meal Plan

| Day       | Lunch                                                                                                                                                                                                                                                                                                                                                    | Dinner                                                                                                                                                                                                                                                                                                                                       |
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| Monday    | <b>Protein-Packed Buddha Bowl</b><br>- 1 cup quinoa<br>- 1 cup roasted chickpeas (seasoned with cumin and paprika)<br>- 1 cup steamed broccoli<br>- ½ avocado, sliced<br>- 2 tbsp tahini dressing<br>- Handful of spinach<br>- Sprinkle of pumpkin seeds                                                                                                 | <b>Lentil Walnut Bolognese</b><br>- 1 cup red lentils, cooked<br>- ½ cup walnuts, chopped<br>- 1 cup tomato sauce (low sodium)<br>- 1 cup zucchini noodles or whole grain pasta<br>- Mixed vegetables (bell peppers, onions, mushrooms)<br>- Fresh basil<br>- 2 tbsp nutritional yeast                                                       |
| Tuesday   | <b>Greek-Style Salad with Tofu Feta</b><br>- 2 cups mixed greens<br>- ½ cup cucumber, diced<br>- ½ cup cherry tomatoes, halved<br>- ¼ cup red onion, thinly sliced<br>- ½ cup tofu feta (firm tofu marinated in lemon juice, olive oil, and herbs)<br>- ¼ cup kalamata olives<br>- 2 tbsp olive oil and lemon dressing<br>- Whole grain pita on the side | <b>Stuffed Bell Peppers</b><br>- 2 bell peppers<br>- 1 cup cooked brown rice<br>- 1 cup black beans<br>- ½ cup corn<br>- ¼ cup diced onions<br>- 1 tsp taco seasoning<br>- ¼ cup shredded plant-based cheese<br>- 1 tbsp flaxseeds<br>- Side of mixed greens with lime dressing                                                              |
| Wednesday | <b>High-Protein Veggie Wrap</b><br>- 1 whole grain wrap<br>- 2 tbsp hummus<br>- ½ cup tempeh, marinated and grilled<br>- 1 cup mixed vegetables (carrots, cucumber, bell pepper)<br>- ¼ avocado, sliced<br>- Sprinkle of hemp seeds<br>- Side of fresh fruit                                                                                             | <b>Coconut Curry with Tofu</b><br>- 1 cup firm tofu, cubed<br>- 1 cup mixed vegetables (cauliflower, peas, carrots)<br>- ½ cup coconut milk<br>- 2 tbsp curry paste (adjust spice to preference)<br>- ½ cup brown rice<br>- Garnish with fresh cilantro and crushed cashews<br>- Side of cucumber raita (cucumber, plant-based yogurt, mint) |
| Thursday  | <b>Edamame and Vegetable Soba Noodles</b><br>- 1 cup soba noodles<br>- ½ cup edamame, shelled<br>- 1 cup stir-fried vegetables (bok choy, carrots, snow peas)<br>- 1 tbsp sesame oil<br>- 1 tbsp rice vinegar<br>- 1 tsp tamari or low-sodium soy sauce<br>- Sprinkle of sesame seeds<br>- Garnish with green onions                                     | <b>Bean and Vegetable Enchiladas</b><br>- 2 whole grain tortillas<br>- ½ cup mixed beans (pinto and black)<br>- ¼ cup corn<br>- ¼ cup diced bell peppers and onions<br>- 2 tbsp enchilada sauce<br>- ¼ cup plant-based cheese<br>- Side of steamed broccoli<br>- Garnish with cilantro and lime                                              |
| Friday    | <b>Mediterranean Quinoa Salad</b><br>- 1 cup cooked quinoa<br>- ½ cup chickpeas<br>- ¼ cup diced cucumber<br>- ¼ cup cherry tomatoes<br>- 2 tbsp diced red onion<br>- 2 tbsp chopped olives<br>- 1 tbsp olive oil                                                                                                                                        | <b>Spinach and Tofu Ricotta Stuffed Shells</b><br>- 6-8 whole grain pasta shells<br>- 1 cup tofu ricotta (firm tofu, nutritional yeast, lemon juice, herbs)<br>- 1 cup sautéed spinach<br>- ½ cup marinara sauce                                                                                                                             |

| Day             | Lunch                                                                                                                                                                                                                                                                         | Dinner                                                                                                                                                                                                                                                                                                                                       |
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|                 | 1 tsp lemon juice<br>- 1 tbsp nutritional yeast<br>- Fresh herbs (parsley, mint)                                                                                                                                                                                              | tbsp hemp seeds<br>- Side salad with balsamic dressing<br>- Garnish with fresh basil                                                                                                                                                                                                                                                         |
| <b>Saturday</b> | <b>Power Protein Salad</b> <br>- 2 cups mixed greens<br>- ½ cup cooked quinoa<br>- ½ cup roasted chickpeas<br>- ¼ cup diced beets<br>- ¼ cup grated carrots<br>- ¼ avocado, sliced<br>- 2 tbsp pumpkin seeds<br>- 2 tbsp olive oil and apple cider vinegar dressing           | <b>Vegetable and Lentil Shepherd's Pie</b> <br>- 1 cup lentils, cooked<br>- 1 cup mixed vegetables (carrots, peas, corn, onions)<br>- 1 cup mashed cauliflower and potato topping<br>- 1 tbsp olive oil<br>- 1 tsp herbs (thyme, rosemary)<br>- Side of steamed green beans<br>- 1 tbsp nutritional yeast sprinkled on top                   |
| <b>Sunday</b>   | <b>Vegetarian Burrito Bowl</b> <br>- ½ cup brown rice<br>- ½ cup black beans<br>- ¼ cup corn<br>- ¼ cup diced tomatoes<br>- ¼ cup diced bell peppers<br>- ¼ avocado, diced<br>- 2 tbsp salsa<br>- 1 tbsp lime juice<br>- Sprinkle of plant-based cheese<br>- Cilantro garnish | <b>Eggplant and Chickpea Tagine</b> <br>- 1 cup eggplant, cubed<br>- ½ cup chickpeas<br>- ¼ cup diced tomatoes<br>- ¼ cup diced onions<br>- ¼ cup vegetable broth<br>- 1 tsp Moroccan spices (cumin, cinnamon, turmeric)<br>- ½ cup couscous or quinoa<br>- Garnish with fresh parsley and a few sliced almonds<br>- Side of roasted carrots |

## Nutritional Notes

- This meal plan provides approximately 70-90g of protein daily through plant sources
- Includes healthy fats from avocados, nuts, seeds, and olive oil
- Rich in fiber, which supports digestion and sustained energy
- Varied vegetables and fruits provide essential vitamins and minerals
- Adjust portions based on your specific caloric needs and training schedule
- Consider taking vitamin B12 and vitamin D supplements (consult with healthcare provider)

## Snack Ideas (Optional)

- Apple slices with 1 tbsp almond butter
- ¼ cup Greek yogurt with berries and a drizzle of honey
- ¼ cup hummus with vegetable sticks
- Small handful of mixed nuts and dried fruits
- Smoothie with plant-based protein powder, spinach, banana, and berries
- Roasted chickpeas (1/4 cup)
- Energy balls made with dates, nuts, and seeds