



7-day high-protein diet plan for vegetarians

Daily protein target: 50g - 60g

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	2 moong dal chilla + 1 katori curd (240g) – 18g	2 besan chilla with paneer stuffing (225g) – 17g	3 soya uttapam + 1 katori sambhar (302g) – 19g	1 bowl quinoa upma + 1 glass chaas (210g) – 10g	Vegetable paneer poha + 1 katori curd (383g) – 18g	3 moong dal idli + 1 katori sambhar (300g) – 21g	3 pesarattu + ginger chutney (190g) – 17g
Lunch	1 katori rajma + rice + salad (370g) – 9g	Soya chunk pulao + cucumber raita (350g) – 13g	1 katori chickpea curry (chole) + 2 rotis + salad (320g) – 12g	1 katori rajma + rice + salad (370g) – 9g	2 multigrain rotis + 1 katori rajma + 1 katori bhindi sabzi + salad (420g) – 16.5g	1 katori chickpea curry (chole) + 2 rotis + salad (320g) – 12g	Soya chunk pulao + cucumber raita (350g) – 13g
Snacks	Roasted chana chaat (100g) – 6g	Greek yoghurt with chia seeds (180g) – 11g	Moong sprouts (100g) – 4g	30g makhana + 20g dry fruits (50g) – 7g	Greek yoghurt with chia seeds (180g) – 11g	1 rajgira laddoo + 1 apple (190g) – 3.5g	Roasted chana chaat (100g) – 6g
Dinner	1 katori tofu bhurji + 2 rotis (220g) – 17g	1 katori moong dal + 1 roti + sabzi (335g) – 13g	Paneer tikka + salad (220g) – 20g	1 katori tofu stir fry + 1 katori brown rice (304g) – 27g	3 moong dal chilla + mint chutney + palak stir fry (311g) – 19.3g	1 katori paneer bhurji + 2 rotis + salad (270g) – 14.6g	1 katori tofu curry + 1 roti + sabzi (335g) – 16.4g
Total Protein	50g	54.4g	55g	53g	64.8g	51.3g	53g