

PERSONALIZED NUTRITION PLAN

7-Day Vegetarian Meal Plan & Recipes

A lacto-ovo vegetarian week built on eggs, dairy, legumes, and whole grains — with enough protein and fiber at every meal to keep you full and steady, no meat required.

Breakfast: 4 servings

Lunch: 1 serving

Dinner: 4 servings

How to Use This Plan

Built for a working household: breakfast and dinner are sized to feed a family of 4, while lunch is sized for one and designed to travel to work without any cooking on-site. Every seasoning is measured — no more guessing on "garlic, to taste."

Where the Protein Comes From

Source	Used In This Plan
Eggs & dairy	Greek yogurt, cottage cheese, cheese, eggs — at breakfast and several lunches/dinners
Legumes	Black beans, chickpeas, lentils, white beans — the backbone of most lunches and several dinners
Soy	Tofu, used in a stir-fry and a scramble
Whole grains	Quinoa, farro, brown rice, whole wheat — add meaningful protein alongside fiber
Nuts & seeds	Peanut butter, almonds, walnuts — in snacks and a smoothie

How the Lunches Work

- **Every lunch is built to eat cold or with, at most, a 1-2 minute microwave reheat** — nothing requires a stovetop, oven, or active cooking once you're at your desk.
- **Batch-cook the components on the weekend** — see the checklist below.
- **This is lacto-ovo vegetarian**, meaning it includes eggs and dairy but no meat, poultry, or fish.
- **Spice measurements are exact** in every recipe below — level teaspoons and tablespoons, not "to taste."
- **Medical conditions:** have a registered dietitian confirm this plan against your labs and medications if it's supporting a specific health need.

Weekend Prep Checklist

Component	Used In	Prep Method
Lentil soup batch	Lunch — Day 3	Simmer lentils with carrot, celery, onion, broth & cumin, 25–30 min
Cooked farro & roasted zucchini/pepper	Lunch — Day 4	Cook farro; roast vegetables at 425°F, 12–15 min
Cooked quinoa	Lunch — Day 5	Cook per package directions

SUGGESTED PREP ORDER

1. Start the lentil soup simmering first — it needs the least hands-on attention.
2. While it simmers, cook the farro and quinoa (can overlap on separate burners).
3. Roast the zucchini and bell pepper on a sheet pan.
4. Let everything cool, then portion into containers for the week, or store components separately and assemble each morning.

Breakfast

24P • 34C • 6Fb • 14Ft | serves 4

*Veggie & Cheddar Egg Scramble with Toast & Fruit***INGREDIENTS (4 SERVINGS)**

- 8 eggs
- 4 cups spinach, chopped
- 2 cups bell pepper, diced
- 1 cup shredded cheddar
- ½ tsp salt, ¼ tsp black pepper
- 4 slices whole grain toast
- 2 cups mixed berries

METHOD

1. Coat a large skillet with cooking spray; sauté bell pepper 3 minutes, then add spinach until wilted.
2. Whisk eggs with salt and pepper and pour in; scramble until nearly set, then fold in cheddar until melted, about 5–6 minutes.
3. Serve with toast and berries, 4 servings.

Lunch

20P • 46C • 12Fb • 16Ft | serves 1 • work-ready

*Chickpea & Feta Salad with Whole Grain Pita***INGREDIENTS (1 SERVING)**

- 1 cup chickpeas, drained & rinsed
- ½ cup cucumber, ½ cup tomato, diced
- ¼ cup red onion, thinly sliced
- ¼ cup feta, crumbled
- 1 tbsp olive oil
- 1 tsp lemon juice
- ½ tsp dried oregano
- 1 small whole grain pita

METHOD

1. **Night before or morning of:** combine chickpeas, cucumber, tomato, and onion in a container — about 5 minutes.
2. Toss with olive oil, lemon juice, and oregano; top with feta.
3. **At work:** eat cold with the pita — no cooking needed.

Dinner

22P • 48C • 9Fb • 12Ft | serves 4

*Sesame Tofu & Vegetable Stir-Fry with Brown Rice***INGREDIENTS (4 SERVINGS)**

- 14 oz extra-firm tofu, cubed & pressed
- 2 tbsp cornstarch
- 8 cups mixed stir-fry vegetables (broccoli, carrot, snap peas)
- 3 cups cooked brown rice
- 4 tsp sesame oil, divided
- ¼ cup low-sodium soy sauce
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced (or ½ tsp ground)

METHOD

1. Toss tofu cubes with cornstarch; pan-fry in 2 tsp sesame oil until golden, about 8 minutes. Set aside.
2. Add remaining sesame oil to the pan; stir-fry garlic, ginger, and vegetables 5–6 minutes until crisp-tender.
3. Return tofu to the pan, stir in soy sauce, and toss to combine. Serve over rice, 4 servings.

Snack

14P • 22C | serves 1

*Greek Yogurt with Almonds***INGREDIENTS**

- ¾ cup plain Greek yogurt
- 2 tbsp almonds, chopped
- 1 tsp honey

METHOD

1. Top yogurt with almonds and a drizzle of honey.

Breakfast

20P • 46C • 8Fb • 12Ft | serves 4

*Peanut Butter & Banana Overnight Oats***INGREDIENTS (4 SERVINGS)**

- 2 cups dry oats
- 2 cups milk of choice
- 1 cup plain Greek yogurt
- 4 tbsp peanut butter
- 2 bananas, sliced
- 2 tbsp chia seeds

METHOD

1. Stir oats, milk, yogurt, peanut butter, and chia together in a large container or 4 jars.
2. Refrigerate overnight. Top with banana slices before eating — makes 4 grab-and-go breakfasts.

Lunch

18P • 44C • 10Fb • 15Ft | serves 1 • work-ready

*Hummus & Veggie Wrap (No-Cook)***INGREDIENTS (1 SERVING)**

- 1 whole wheat tortilla or wrap
- ½ cup hummus
- ½ cup shredded carrot
- ½ cup cucumber, sliced
- ¼ cup feta or shredded cheese
- Handful spinach or mixed greens

METHOD

1. **Night before:** spread hummus over the wrap, layer carrot, cucumber, cheese, and greens, then roll tightly and wrap in foil or parchment — 5 minutes.
2. **At work:** unwrap and eat cold — nothing to heat or assemble on-site.

Dinner

18P • 50C • 14Fb • 6Ft | serves 4

*Black Bean & Sweet Potato Chili with Cornbread***INGREDIENTS (4 SERVINGS)**

- 3 cups black beans, drained & rinsed
- 2 medium sweet potatoes, cubed
- 1 can (28 oz) diced tomatoes
- 1 cup corn, 1 onion diced, 2 bell peppers diced
- 2 cloves garlic, minced
- 2 tsp ground cumin
- 1 tsp chili powder
- ¾ tsp salt, ¼ tsp black pepper
- Vegetable broth, as needed
- 4 small squares cornbread (store-bought or homemade)

METHOD

1. Sauté onion and pepper in a large pot 4–5 minutes; add garlic, cumin, chili powder, salt, and pepper.
2. Add sweet potato, black beans, tomatoes, corn, and a splash of broth; simmer 25–30 minutes until sweet potato is tender.
3. Serve 4 with a square of cornbread.

Snack

8P • 24C | serves 1

*Apple with Peanut Butter***INGREDIENTS**

- 1 medium apple, sliced
- 1½ tbsp peanut butter

METHOD

1. Slice apple and serve with peanut butter for dipping.

Breakfast

22P • 42C • 6Fb • 5Ft | serves 4

*Greek Yogurt Parfaits with Granola & Berries***INGREDIENTS (4 SERVINGS)**

- 4 cups plain Greek yogurt
- 2 cups low-fat granola
- 2 cups mixed berries
- 4 tsp honey

METHOD

1. Layer yogurt, granola, and berries in 4 glasses; drizzle with honey.

Lunch

16P • 45C • 13Fb • 9Ft | serves 1 • work-ready

*Lentil Soup with Whole Grain Bread***INGREDIENTS (1 SERVING)**

- 1½ cups lentil soup (recipe below)
- 1 tbsp olive oil (finishing drizzle)
- 1 slice whole grain bread

FOR THE SOUP BATCH (MAKES ~5 CUPS)

- 1 cup dry lentils, rinsed
- 1 carrot, 1 celery stalk, ½ onion, diced
- 1 tomato, diced
- 4 cups vegetable broth
- 1 tsp ground cumin, 1 bay leaf
- ½ tsp salt, ¼ tsp black pepper

METHOD

1. **Weekend prep:** sauté carrot, celery, and onion in a splash of oil 4–5 minutes. Add lentils, tomato, broth, cumin, bay leaf, salt, and pepper; simmer 25–30 minutes until tender. Remove bay leaf. Portion into containers — makes about 3 lunches.
2. Pack bread alongside.
3. **At work:** microwave the soup 2–3 minutes and finish with a drizzle of olive oil.

Dinner

20P • 52C • 6Fb • 14Ft | serves 4

*Margherita Whole Wheat Pasta with Side Salad***INGREDIENTS (4 SERVINGS)**

- 4 cups cooked whole wheat pasta (about 2 cups dry)
- 2 cups cherry tomatoes, halved
- 8 oz fresh mozzarella, torn
- 6 tbsp olive oil
- 4 cloves garlic, sliced
- ½ tsp salt
- 2 tbsp fresh basil, chopped
- Side salad with vinaigrette

METHOD

1. Warm olive oil in a large skillet; sauté garlic 1 minute, add cherry tomatoes and salt, and cook until they soften, about 6–7 minutes.
2. Toss with cooked pasta and torn mozzarella (it will melt slightly from the heat); finish with fresh basil.
3. Serve 4, with a side salad.

Snack

15P • 20C | serves 1

*Cottage Cheese with Pineapple***INGREDIENTS**

- 1 cup low-fat cottage cheese
- ½ cup pineapple chunks

METHOD

1. Combine cottage cheese and pineapple in a bowl.

Breakfast

18P • 32C • 7Fb • 11Ft | serves 4

*Turmeric Tofu Scramble with Toast***INGREDIENTS (4 SERVINGS)**

- 14 oz extra-firm tofu, crumbled
- 2 cups spinach, 1 cup tomato, diced
- 4 tsp olive oil
- 1 tsp ground turmeric
- ½ tsp garlic powder
- ¼ tsp salt
- 2 tbsp nutritional yeast (optional)
- 4 slices whole grain toast

METHOD

1. Heat olive oil in a large skillet; add crumbled tofu, turmeric, garlic powder, and salt. Cook 5–6 minutes, stirring occasionally.
2. Add tomato and spinach; cook 2–3 minutes more until wilted. Sprinkle with nutritional yeast if using.
3. Serve with toast, 4 servings.

Lunch

14P • 48C • 9Fb • 16Ft | serves 1 • work-ready

*Farro & Roasted Vegetable Grain Bowl***INGREDIENTS (1 SERVING)**

- ¾ cup cooked farro
- 1 cup roasted zucchini & bell pepper
- 3 tbsp feta, crumbled
- 1½ tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp fresh parsley or mint, chopped

METHOD

1. **Weekend prep:** cook a batch of farro and roast a tray of zucchini and pepper — both keep well 4–5 days.
2. Toss together with olive oil and lemon juice in a container; top with feta and herbs.
3. **At work:** eat cold — it's a grain salad by design, no reheating needed.

Dinner

20P • 46C • 11Fb • 10Ft | serves 4

*Black Bean Burgers with Sweet Potato Fries***INGREDIENTS (4 SERVINGS)**

- 4 black bean burger patties (store-bought or homemade)
- 4 whole grain buns
- 2 medium sweet potatoes, cut into fries
- 4 tsp olive oil
- 1 tsp paprika
- ½ tsp salt
- Lettuce, tomato, avocado for topping

METHOD

1. Preheat oven to 425°F. Toss sweet potato fries with olive oil, paprika, and salt; roast 25–30 minutes, flipping halfway.
2. Cook burger patties per package directions (pan-fry or bake, about 4–5 minutes per side).
3. Build 4 burgers with lettuce, tomato, and avocado; serve with fries.

Snack

7P • 18C | serves 1

*Hummus with Vegetable Sticks***INGREDIENTS**

- ½ cup hummus
- 1 cup carrot & cucumber sticks

METHOD

1. Serve hummus with vegetable sticks for dipping.

Breakfast

22P · 40C · 7Fb · 12Ft | serves 4

*Peanut Butter Banana Smoothies***INGREDIENTS (4 SERVINGS)**

- 4 cups milk of choice
- 2 cups plain Greek yogurt
- 4 tbsp peanut butter
- 2 bananas
- 4 tsp honey (optional)

METHOD

1. Blend all ingredients in batches (most blenders hold about half this at once).
2. Pour into 4 glasses and serve immediately.

Lunch

18P · 42C · 8Fb · 15Ft | serves 1 · work-ready

*Caprese Quinoa Salad (No-Cook Assembly)***INGREDIENTS (1 SERVING)**

- 1 cup cooked quinoa, chilled
- ½ cup cherry tomatoes, halved
- 3 oz fresh mozzarella pearls
- 1 tbsp olive oil
- Fresh basil, balsamic glaze

METHOD

1. **Weekend prep:** cook a batch of quinoa — keeps 4-5 days refrigerated.
2. Toss quinoa with tomatoes, mozzarella, basil, and olive oil in a container.
3. **At work:** drizzle with balsamic glaze and eat cold — no reheating.

Dinner

18P · 48C · 9Fb · 13Ft | serves 4

*Chickpea & Vegetable Curry with Brown Rice***INGREDIENTS (4 SERVINGS)**

- 3 cups chickpeas, drained & rinsed
- 1 can (14 oz) light coconut milk
- 2 cups cauliflower florets, 2 cups spinach
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 1½ tbsp curry powder
- ½ tsp salt
- 3 cups cooked brown rice

METHOD

1. Sauté onion, garlic, and ginger in a large pot 3-4 minutes; add curry powder and salt, toast 30 seconds.
2. Add coconut milk, chickpeas, and cauliflower; simmer 15-20 minutes until cauliflower is tender.
3. Stir in spinach until wilted. Serve over rice, 4 servings.

Snack

9P · 20C | serves 1

*Trail Mix (Nuts & Dried Fruit)***INGREDIENTS**

- 2 tbsp almonds, 1 tbsp walnuts
- 2 tbsp dried cranberries or raisins

METHOD

1. Combine and portion into a small container.

Breakfast

20P • 26C • 5Fb • 10Ft | serves 4

*Veggie Egg Muffins with Fruit***INGREDIENTS (4 SERVINGS, 2 MUFFINS EACH)**

- 8 eggs
- 1 cup spinach, chopped, 1 cup bell pepper, diced
- ½ cup shredded cheese
- ½ tsp salt, ¼ tsp black pepper
- 2 cups fresh fruit (melon, grapes, or berries)

METHOD

1. Preheat oven to 350°F. Whisk eggs with salt and pepper; stir in spinach, pepper, and cheese.
2. Divide among a greased 8-cup muffin tin; bake 18–20 minutes until set.
3. Serve 2 muffins per person with fruit on the side.

Lunch

20P • 38C • 8Fb • 14Ft | serves 1 • work-ready

*Chickpea "Egg" Salad Sandwich (No-Cook)***INGREDIENTS (1 SERVING)**

- 2 hard-boiled eggs, chopped
- 2 tbsp plain Greek yogurt
- 1 tsp Dijon mustard
- 2 tbsp celery, diced
- Pinch of salt & black pepper
- 2 slices whole grain bread
- Lettuce leaf

METHOD

1. **Night before:** mash eggs with yogurt, mustard, celery, salt, and pepper — keeps 2 days refrigerated.
2. Pack the egg salad and bread separately; assemble just before eating to keep bread from getting soggy.
3. **At work:** build the sandwich and eat cold — under a minute.

Dinner

22P • 46C • 10Fb • 11Ft | serves 4

*Quinoa & Black Bean Stuffed Peppers***INGREDIENTS (4 SERVINGS)**

- 4 large bell peppers, tops removed & seeded
- 2 cups cooked quinoa
- 2 cups black beans, drained & rinsed
- 1 cup corn, 1 cup salsa
- 1 cup shredded cheese
- 1 clove garlic, minced
- 1½ tsp ground cumin
- 1 tsp chili powder
- ½ tsp salt

METHOD

1. Preheat oven to 375°F. Mix quinoa, black beans, corn, salsa, garlic, cumin, chili powder, and salt; stuff into peppers.
2. Place peppers in a baking dish, cover, and bake 30 minutes.
3. Uncover, top with cheese, and bake 10 minutes more until melted. Serve 4.

Snack

8P • 22C | serves 1

*String Cheese with Grapes***INGREDIENTS**

- 1 light string cheese
- 1 cup grapes

METHOD

1. No preparation needed — pack together.

Breakfast

18P · 30C · 7Fb · 11Ft | serves 4

*Shakshuka (Eggs in Tomato-Pepper Sauce)***INGREDIENTS (4 SERVINGS)**

- 8 eggs
- 4 cups crushed tomatoes
- 2 cups bell pepper, diced, 1 cup onion, diced
- ½ cup feta, crumbled
- 4 tbsp olive oil
- 3 cloves garlic, minced
- 1½ tsp ground cumin
- 1 tsp paprika
- ¾ tsp salt, ¼ tsp black pepper
- 4 slices whole grain bread

METHOD

1. Heat olive oil in a large skillet; sauté onion and pepper 4–5 minutes. Add garlic, cumin, paprika, salt, and pepper.
2. Stir in crushed tomatoes; simmer 8–10 minutes.
3. Make 8 wells, crack in eggs, cover, and cook 6–7 minutes until whites are set. Top with feta and serve with bread, 4 servings.

Lunch

16P · 40C · 12Fb · 15Ft | serves 1 · work-ready

*Greek White Bean Salad***INGREDIENTS (1 SERVING)**

- 1 cup white beans, drained & rinsed
- 2 cups mixed greens
- ½ cup cucumber, ½ cup tomato
- 6 kalamata olives, 2 tbsp feta
- 1½ tbsp olive oil
- 1 tsp red wine vinegar
- 1 tsp dried oregano

METHOD

1. **Night before or morning of:** combine beans, cucumber, tomato, and olives in a container.
2. Dress with olive oil, vinegar, and oregano; top with feta.
3. **At work:** serve over greens and eat cold — no cooking required.

Dinner

18P · 50C · 8Fb · 14Ft | serves 4

*Whole Wheat Pasta Primavera with Parmesan***INGREDIENTS (4 SERVINGS)**

- 4 cups cooked whole wheat pasta (about 2 cups dry)
- 6 cups mixed vegetables (zucchini, carrot, peas, cherry tomato)
- 6 tbsp olive oil
- 3 cloves garlic, minced
- ½ tsp salt, ¼ tsp black pepper
- ½ cup parmesan
- 2 tbsp fresh basil, chopped

METHOD

1. Sauté vegetables in olive oil with garlic, salt, and pepper, in batches, 6–7 minutes until just tender.
2. Toss with cooked pasta and fresh basil.
3. Top with parmesan and serve 4.

Snack

10P · 18C | serves 1

*Greek Yogurt with Honey & Walnuts***INGREDIENTS**

- ½ cup plain Greek yogurt
- 1 tsp honey
- 1 tbsp walnuts, chopped

METHOD

1. Stir honey into yogurt and top with walnuts.

7-Day Grocery List

Quantities reflect breakfast & dinner at 4 servings and lunch & snack at 1 serving each day — adjust if your household size differs.

Eggs, Dairy & Soy

- Eggs — about 26 (2 dozen + 2)
- Plain Greek yogurt — about 8 cups (~2½ tubs, 32 oz each)
- Milk of choice — 6 cups
- Low-fat cottage cheese — 1 cup
- Feta cheese — about 1½ cups crumbled (1 block, ~8 oz)
- Shredded cheddar — 1½ cups
- Fresh mozzarella — 8 oz block + 3 oz pearls
- Parmesan — 1 cup shredded or small wedge
- Light string cheese — 1
- Extra-firm tofu — 28 oz (two 14 oz blocks)

Grains & Bread

- Rolled oats — 2 cups
- Quinoa, dry — about 2½ cups
- Farro, dry — ½ cup
- Brown rice, dry — about 2 cups
- Whole wheat pasta, dry — about 4 cups
- Whole grain bread — about 10 slices
- Whole grain pita — 1
- Whole wheat tortilla/wrap — 1
- Whole grain buns — 4
- Low-fat granola — 2 cups
- Cornbread — 4 small squares (store-bought or homemade)
- Hummus — about 1 cup (1 container)

Fruits

- Mixed berries — 4 cups
- Bananas — 4
- Apple — 1
- Grapes — 1 cup
- Fresh fruit (melon, grapes, or berries) — 2 cups
- Pineapple chunks — ½ cup
- Avocado — 1
- Lemons — 3

Legumes & Canned Goods

- Chickpeas, canned — about 5 cups (3 cans)
- Black beans, canned — about 7 cups (4–5 cans)
- White beans, canned — 1 cup (1 can, partial use)
- Lentils, dry — about 1 cup (for soup batch)
- Light coconut milk, canned — 1 can (14 oz)
- Diced tomatoes, canned — 1 large can (28 oz)
- Crushed tomatoes, canned — 1 large can (28 oz)
- Black bean burger patties — 4

Vegetables & Herbs

- Spinach — about 8 cups (2 bags)
- Mixed greens — 2 cups
- Bell peppers — about 9–10
- Onions — about 4
- Garlic — 2 heads
- Cucumber — 1½
- Tomatoes — 2 (plus canned above)
- Cherry tomatoes — 2½ cups
- Zucchini — 1
- Carrots — about 3 (plus stir-fry mix)
- Cauliflower — 2 cups florets
- Sweet potatoes — 4 medium
- Corn — 2 cups
- Celery — 2 stalks
- Mixed stir-fry vegetables (broccoli, carrot, snap peas) — 8 cups
- Peas, frozen — ½ cup
- Fresh basil — 1 bunch
- Fresh parsley or mint — small bunch
- Fresh ginger — 1 knob

Pantry, Oils & Seasonings

- Olive oil
- Sesame oil
- Low-sodium soy sauce
- Peanut butter — about ½ cup
- Dijon mustard
- Honey
- Balsamic glaze
- Chia seeds
- Kalamata olives — 1 small jar
- Almonds — ¼ cup, Walnuts — 2 tbsp
- Dried cranberries or raisins — 2 tbsp
- Salsa — 1 cup
- Vegetable broth — 4 cups
- Bay leaf — 1
- Cornstarch, nutritional yeast (optional), curry powder, ground turmeric, ground cumin, chili powder, paprika, dried oregano, garlic powder, salt & pepper