

5-Day High Protein Recipes

Vegetarian Meal Plan



MONDAY

Quinoa Veggie Soup

Serves 6

TUESDAY

Tempeh Tacos

Serves 4

WEDNESDAY

Cottage Cheese Omelet

Serves 1

THURSDAY

Roasted Veggie

Buddha Bowls

Serves 4

FRIDAY

Mushroom Risotto

Serves 4

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Pomegranate Arils (½ cup) <input type="checkbox"/> Kiwi Fruit (3) <input type="checkbox"/> Avocado (1) <input type="checkbox"/> Jalapeno (1) <input type="checkbox"/> Spinach (1 cup) <input type="checkbox"/> Kale (4 cups) <input type="checkbox"/> Sliced Mushrooms (4 cups) <input type="checkbox"/> Sweet Potatoes (2) <input type="checkbox"/> Yellow Onion (1) <input type="checkbox"/> Red Onion (1) <input type="checkbox"/> Shallots (2) <input type="checkbox"/> Carrot (2) <input type="checkbox"/> Celery (3 stalks) <input type="checkbox"/> Garlic (10 cloves) <input type="checkbox"/> Red Beet (½ cup shredded) <input type="checkbox"/> Fresh Thyme (1 tsp) <input type="checkbox"/> Parsley (½ cup) <input type="checkbox"/> Cilantro (optional for tacos)	<input type="checkbox"/> Tempeh (14 oz) <input type="checkbox"/> Lime Juice <input type="checkbox"/> Lemon Juice <input type="checkbox"/> Eggs (2) <input type="checkbox"/> Milk (1 Tbsp) <input type="checkbox"/> Cottage Cheese (¼ cup) <input type="checkbox"/> Grated Parmesan (½ cup) <input type="checkbox"/> Silken Tofu (½ cup) <input type="checkbox"/> <i>White Wine (optional - ¼ cup)</i>	<input type="checkbox"/> Vegetable Broth (16 cups) <input type="checkbox"/> Quinoa (1 cup) <input type="checkbox"/> Arborio Rice (1 ½ cups) <input type="checkbox"/> Chickpeas (4 cans) <input type="checkbox"/> Tomato Paste (3 Tbsp) <input type="checkbox"/> Taco Shells or Small Tortillas (8) <input type="checkbox"/> Pearl Couscous (1 cup) <input type="checkbox"/> Nutritional Yeast (½ cup) <input type="checkbox"/> Sliced Almonds (¼ cup)
		SPICES
		<input type="checkbox"/> Oregano <input type="checkbox"/> Bay Leaves <input type="checkbox"/> Cumin <input type="checkbox"/> Garlic Powder <input type="checkbox"/> Smoked Paprika <input type="checkbox"/> Chili Powder <input type="checkbox"/> Curry Powder <input type="checkbox"/> Salt & Pepper

YOU PROBABLY ALREADY HAVE

Olive Oil, Butter